DietCloud – Recipe

Recipe Name: Thandai Flavoured Rice Kheer Recipe

Diet Type:

Course: Dessert

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cup Thandai Powder	4
• Saffron strands - few	
• 2 tablespoons Basmati rice	
• 2 liter Milk	
• Sugar - as required	
• 4 tablespoons Condensed Milk	
• 1 tablespoon Badam (Almond) - chopped	
• 1 tablespoon Pistachios - chopped	
• 1 tablespoon Cashew nuts - chopped	
• Rose Petals - for garnishing	
• 1 teaspoon Cardamom Powder (Elaichi)	
• Mixed nuts - for garnishing	
• 4 tablespoons Milk	
• 1 tablespoon Badam (Almond) - blanched and peeled	
• 1 tablespoon Cashew nuts	
• 1 tablespoon Pistachios	
• 1 teaspoon Poppy seeds	
• 1 teaspoon Cardamom (Elaichi) Pods/Seeds	
• 1 inch Cinnamon Stick (Dalchini)	
• 1/2 teaspoon Whole Black Peppercorns	

Preparation

• To begin with Thandai Flavored Rice Kheer, wash and soak the rice for 30 minutes.

• After 30 minutes, drain the water and keep the rice aside.

• Soak the saffron and thandai powder separately in lukewarm milk.

• The next step is to boil the milk.

- When it comes to a boil, reduce the flame and add the rice in the saucepan.
- Keep stirring the kheer until it reduces to one-third of the original quantity.
- Once done, add sugar, milk-made, cardamom powder, chopped nuts, thandai milk and saffron.
- Mix everything well and cook the Thandai Kheer for 5 minutes more.
- After 5 minutes, turn off the flame and garnish it with chopped nuts and rose petals.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)