DietCloud – Recipe

Recipe Name: Kesar Shahi Tukda With Rabdi Recipe (Saffron Bread Pudding With Spiced Milk Custard)

Diet Type:

Course: Dessert

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 6 Whole Wheat Brown Bread	3
• 1/4 cup Ghee - (for shallow frying)	
• 1 cup Rabri	
• Mixed nuts - Chopped (almonds	
• 1/3 cup Sugar	
• 1/3 cup Water	
• 1 teaspoon Cardamom Powder (Elaichi)	
• Saffron strands - few	

Preparation

• Heat water and sugar in pan, add the saffron strands and allow the water to come to a brisk boil.

• Turn the heat to low and simmer the sugar water until you get a one string consistency.

• Turn off the heat and keep the sugar syrup aside.

• The next step is to prepare the bread slices and roast them in ghee for the shahi tukda recipe.

• Cut the edges of the bread and slice them into a triangle.

• Heat ghee in a skillet and shallow try the bread pieces until they are crisp and golden brown in color on both sides.

• Once the bread slices are fried, soak each slice in the sugar syrup for about a minute and place them on a serving platter.

Macronutrients

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