DietCloud – Recipe

Recipe Name: Saffron Peda Recipe

Diet Type:

Course: Dessert

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 300 grams Khoya (Mawa) - store bought or home made • 4 tablespoons Sugar • 1 teaspoon Saffron strands • 2 tablespoons Milk • 1/4 teaspoon Cardamom Powder (Elaichi) • 1 tablespoon Pistachios - sliced • 1/2 teaspoon Ghee - optional	12

Preparation

• To begin making the Kesar Peda Recipe, gently warm the milk without boiling it and soak the saffron in it.
• Keep this aside for 10 minutes.
• In a pan or kadai, add crumbled khoya and sugar.
• Cook this on a low heat for 4-5 minutes stirring continuously until the sugar is completely dissolved.
• The khoya will first melt and then thicken again.

• Cook for a few more minutes till the khoya thickens up considerably and resembles a sticky dough like consistency and stars leaving the sides of the pan.
• At this stage, turn off the heat and allow the peda mixture to cool.
• Once the mixture is cool enough to touch, knead it lightly to get rid of any lumps so you have a smooth mixture.
• You can add a little ghee at this stage to give it a good shine.
• Roll the kesar peda mixture into a log and cut 12 equal pieces.
• Roll each of peda portions into small balls, make a small dent in the center and add the pista slices.
• Or you could use a peda mould if you have one, like shown in the image.

- Once shaped the Kesar Peda is ready to be served.

Macronutrients

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