



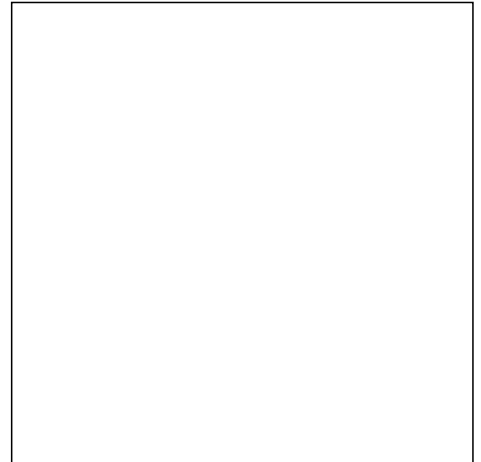
Recipe Name: Kerala pala pradham recipe

Diet Type:

Course: Dessert

Cuisine: Kerala Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Ada	4
• 2 liter Milk - full cream	
• 3/4 cup Sugar	
• 1 tablespoon Ghee	
• 1/2 teaspoon Cardamom Powder (Elaichi)	

Preparation

- To begin making the Kerala Palada Pradhaman recipe, first slow boil milk and 1/2 cup sugar on low flame until it reduces lesser than half the quantity.
- I used pressure cooker with weight on for about 60 minutes and slow cooked/boiled the milk.
- The milk tur.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	20	4	20