

Recipe Name: Paal Kesari Recipe - South Indian Style
Milk Kesari

Diet Type:

Course: Dessert

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Sooji (Semolina/ Rava)	4
• 1/2 teaspoon Ghee - for roasting the rava	
• 3 cups Milk	
• 3/4 cup Sugar	
• 5 Saffron strands - (lightly powdered using mortar and pestle)	
• 1 Cardamom (Elaichi) Pods/Seeds - crushed (optional)	
• 1 teaspoon Ghee	
• 5 Cashew nuts	
• 5 Raisins	
• 1 Mixed dry fruits - chopped	

Preparation

- To begin making the Paal Kesari Recipe, prepare all the ingredients and soak crushed saffron strands in a tablespoon of warm milk for 15-20 minutes (Soaking is optional for better infusion).
- Heat a Pan with ghee and roast the rava/semolina by continuously.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	10	50	15	2	30