

Recipe Name: Mango Kalakand Recipe
Diet Type:
Course: Dessert
Cuisine: North Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 Mango (Ripe) - deseeded and peeled	4
• 175 grams Paneer (Homemade Cottage Cheese) - crumbled	
• 400 grams Condensed Milk - sweetened	
• 3 Cardamom (Elaichi) Pods/Seeds - crushed	
• 1 tablespoon Fresh coconut - strands for garnishing	

Preparation

- To begin making Mango Kalakand recipe, peel the mango, extract the pulp from both the mangoes and discard the seeds.
- Stir it for 5 to 6 minutes till mango pulp is cooked.
- Now add sweetened condensed milk to it and mix well.
- Now add crumbled cottage cheese in the mixture.
- Stir the mix slowly and well for 10 to 15 minutes.
- When you will find the mixture starts getting little dry and got mixed up properly, switch off the flame.
- Let it cool for 5 minutes.
- Now take a greased tray, flat plate or a tray lined with butter paper and pour the mixture in the tray.
- Pat it down with a flat spatula or spoon to free the mango kalakand from being bubbly with air bubbles.
- Then take green cardamoms, crush it and sprinkle in on the kalakand.
- Again with a flat spoon press it gently.
- Take it out and cut Mango kalakand into your desired shapes and sprinkle with dried coconut strands to garnish.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	8	40	7	2	25

