

Recipe Name: Thandai Kulfi Recipe - Holi Recipe

Diet Type:

Course: Dessert

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 3 liter Milk - (I use 2% fat)	8
• 1/2 cup Sugar	
• 1/4 cup Badam (Almond) - blanched and peeled	
• 1/4 cup Cashew nuts	
• 1/4 cup Pistachios	
• 2 tablespoons Poppy seeds	
• 2 teaspoons Cardamom Powder (Elaichi)	
• 1 tablespoon Fennel seeds (Saunf)	
• 1/2 teaspoon Cinnamon Powder (Dalchini)	
• 8 Whole Black Peppercorns	

Preparation

- To begin making the Thandai Kulfi Recipe, first we will make a paste of the Thandai Masala by blending all the ingredients for the Thandai masala in a mixer grinder.
- Keep this thandai masala aside.
- To begin making the Kulfi Recipe, the first step is to have to condense the milk.
- For this heat milk in a heavy bottomed saucepan and bring it to boil.
- Once the milk comes to a boil, turn the heat to low and simmer the milk with almost continuous stirring and reduce the milk to more than half its quantity.
- This is because condensed milk tends to get stuck to the bottom and sides of the pan and burn; leading to a very unpleasant taste.
- Burning of milk is also toxic so you want to be extra careful.
- Once it the milk is reduced to more than half of its quantity, stir in the sugar until it dissolves completely.
- Finally stir in the Thandai Paste Mix and give the mixture a good stir.



- You can even use a hand blender to give it a good whisk.
- Turn off the heat and allow the kulfi mixture to cool completely.
- Pour the thandai kulfi milk in the moulds until 3/4th full, seal them airtight and freeze them in the refrigerator.
- The Thandai Kulfi takes a good fifteen hours or more to freeze.
- Once the Thandai Kulfi is frozen you can run the kulfi moulds under water to enable easy release on to the plate.
- Serve Thandai Kulfi Recipe as a Indian dessert for parties or even make it as a special dessert for the festival of holi.

Macronutrients

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