

Recipe Name: Andey Ki Kheer Recipe - Egg White Kheer
Diet Type:
Course: Dessert
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
	4

Preparation

- To begin making Andey Ki Kheer (Egg White Kheer) Recipe, take a sauce pan and add milk and cardamom powder to it.
- Boil it to reduce it to half its initial amount.
- Meanwhile, separate the egg yolk from the eggs and keep aside.
- Once the milk reduces to half, add all the chopped dry fruits like Almonds, Pistachios and Cashew nuts.
- Do not add Raisins at this point since it may sour the milk causing it to curdle.
- Add sugar and keep stirring till the sugar get completely dissolved.
- This may cause a thinning effect on milk.
- Hence, keep stirring and let the mixture boil again until reduced to a creamy consistency.
- Once we add sugar the milk may get thin again, so keep stirring and boil the milk till it acquires a thick and creamy consistency.
- Take the egg whites in a separate bowl beat it till frothy.
- With the help of a spoon gradually add beaten egg white into the boiling milk in low flame, stirring.
- Beat the remaining egg white again to make froth.
- Again with a spoon take the frothing egg white and add in the milk, stirring.
- Repeat the process till all the egg white is spooned into the saucepan.
- The egg white froth appears like little dumplings in milk.
- Keep stirring.
- Keep the flame low and let the dumplings cook well.



- Allow the milk to cook till it becomes golden in color and gets a creamy texture.
 - Now add Kewda water into it.
 - This gives a royal aroma to kheer and eliminates the smell of eggs.
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- Refrigerate it for a couple of hours to adore the chilled Andey Ki Kheer or enjoy it warm.

Macronutrients

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