

Recipe Name: Chironji and Makhane Kheer Recipe
Diet Type:
Course: Dessert
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Phool Makhana (Lotus Seeds)	4
• 1 teaspoon Ghee	
• 1 liter Milk	
• 1/4 cup Jaggery	
• 1/2 teaspoon Cardamom Powder (Elaichi)	
• 1/2 inch Cinnamon Stick (Dalchini)	
• Saffron strands - a few	
• 1 tablespoon Badam (Almond) - sliced	
• 1/4 cup Raisins	
• 1 tablespoon Chironji	
• 1 teaspoon Ghee	

Preparation

- To begin making the Chironji & Makhane Ki Kheer Recipe, we will first roast the phool makhana in ghee until crisp and aromatic.
- Heat a teaspoon of ghee in a heavy bottomed pan and roast makhana while continuous stirring until they become light brown and crisp.
- Once done, remove from kadai and set aside to cool.
- Coarsely grind half of the roasted makhana in a mixer grinder and keep aside.
- We will use the remaining roasted makhana as a whole into the kheer.
- Boil the milk in a heavy bottomed pan and condense the milk until it becomes just close to half.
- Keep stirring occasionally to prevent the milk from settling into the bottom of the pan.
- Once the milk is condensed, add the jaggery, the roasted Makhana (whole) and coarsely ground Makhana.
- Mix well and cook on a medium flame for 5 to 10 minutes, while stirring occasionally until the kheer becomes thick and the makhana has absorbed and cooked through.



- While the kheer is cooking, heat a teaspoon of ghee into another small pan and roast all the dry fruits in it till lightly brown and you get a roasted aroma.
- Add the half of the roasted dry fruits to the Makhane Ki Kheer and simmer for 3-4 minutes and turn off the heat.

Macronutrients

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