

# Desserts

# Eggless Chocolate Sponge Cake

## Ingredients

1/2 tin condensed milk (200gms)  
2 3/4 cups plain flour (240gms)  
40 gm cocoa  
1 tsp baking powder  
1/2 tsp baking soda (soda bicarb)  
2 tsp icing sugar  
1/2 cup butter melted (60gms)  
1/2 tsp vanilla essence  
100 ml milk  
100 ml Coke or Thums Up

## Method

Sieve flour, baking powder, baking soda, sugar, cocoa all together 2 to 3 times. Keep aside.

Pour condensed milk in a bowl. Add the butter, and beat well till smooth. Add the flour spoon by spoon, mixing into the condensed milk mixture. In between, add milk as required if the butter begins to get too stiff. [Stir the mixture in one direction only all the while. This will incorporate more air and make the cake lighter].

Once all the flour is used up, beat the batter as above till light (5-7 minutes). Add the coke or Thums Up and mix gently till smooth.

Pour into a greased cake tin. Do not smooth with a spoon etc. If the consistency is right this will not be needed.

Pre-heat oven to 300° c. Place tin inside. Bake at 200° c for 5-7 minutes and 150° c till done. (35 to 40 minutes).

Poke with a skewer and check. Cool a little. Invert on wire rack. Cool completely before doing icing if any. Or serve warm with tea.

# Orange Cake

## Ingredients

1 cup orange juice  
3 oranges segmented, peeled and deseeded  
1 cup cream  
3 1/2 tbsp powdered sugar  
1 tbsp orange jam  
1/2 gelatine  
8-10 cherries (glaced, blanched or carred)

## Method

Bake sponge cake with additions (orange essence and orange colour) . Mix 1/2 tbsp sugar in the orange juice. Cut cake in 2 horizontal halves. Soak them by sprinkling half the juice. Whip remaining sugar and cream till light and fluffy. Do not overbeat.

Spread half the cream on the lower half. Put remaining in an icing gun. Keep in fridge. Save 8-10 segments of orange for topping. Spread remaining over the cream. Place other half cake on top.

Sprinkle gelatine over remaining juice, keep for 2-3 minutes. Stir in jam, warm over slow fire till the solution has no crystals. Do not boil. Cool. Pipe a border of whipped cream. Pour gelatine in this boundary on the top. Allow to set in fridge.

Decorate by arranged orange segment and cherries. Chill for 1/2 hour before serving.

# Black Forest Cake

## Ingredients

Eggless chocolate sponge cake  
1/2 tin canned cherries and syrup  
1 cup fresh whipped cream  
3 tbsp powdered sugar  
4 tbsp grated dark or plain chocolate (and chilled)  
1/2 tsp vanilla essence

## Method

Beat the cream over a tray of icecubes with a hand beater. Do not overbeat. It should form soft peaks. Fold in the sugar and essence. Mix gently. Put some icing in a icing gun leave the rest in the bowl. Keep both in the refrigerator.

Slice the cake into 2 horizontal halves. Place on a tray on a mesh. Sprinkle 2-3 tbsp syrup of cherries on each half. Allow to soak for 10 minutes.

Spread the cream icing on lower half. Transfer to a cake plate. Place the cherries on the cream. Save a few for topping.

Place the other half on top. With icing gun decorate top edging. Spread the chocolate flakes all over and decorate with cherries.

# Pineapple Cake

## Ingredients

Eggless Sponge Cake (using 1/2 tsp pineapple instead of vanilla essence)

3-4 slices canned pineapple (or fresh)

8-10 canned or glazed cherries

3-4 tbsp butter icing white

4 tbsp butter icing yellow

2 tbsp whipped cream

1 tbsp powdered sugar

## Method

Slice the cake horizontally into 2 halves. Keep on a mesh, soft part up. Sprinkle both the parts with the syrup from canned pineapple (about 1 tbsp each half).

If you are using fresh pineapple, place the pineapple slices in 2 tbsp water and 1 tbsp sugar. Boil it covered for 5 mins. Cool. Use as for canned.

Chop pineapple into tiny pieces. Drain syrup. Whip the sugar and cream over a tray of icecubes, till it forms soft peaks. Do not over beat. Fold in pineapple. Save a tablespoon for decoration. Layer it over the lower half cake. Place other half on top spread the yellow icing all over top and sides. Smoothen out with a knife dipped in hot water.

Decorate with white icing, cherries and saved pineapple bits. Chill for 1/2 hour before serving.

# Chocolate Mousse

## Ingredients

3 tbsp cocoa powder  
2 tbsp cornflour  
8 tbsp sugar  
4 cups milk  
1 1/2 cups cream  
2 tbsp sweetened whipped cream (chilled)  
3 tsp gelatine  
6 cherries (glaced, blanched, canned, fresh, any)

## Method

Put 3 tbsp water in a small saucepan. Sprinkle gelatine over it. Do not stir. Keep aside.

Mix coco and cornflour in 1/2 cup milk. Boil remaining milk with sugar, for 5 minutes.

Add cocoa paste gradually, stirring continuously. Cool for 3-4 minutes. Cool a little.

Warm the soaked gelatine over very low flame, stirring. Do not boil. Mix into the milk and stir. Chill till thick but not set.

Beat with hand beater till smooth. Gently mix in cream. Pour in individual mousse cups. Set in freezer.

Once set transfer to fridge compartment. 15 minutes prior to serving, ice a swirl of whipped cream on each with an icing gun. Sprinkle a pinch of cocoa powder. Top with a cherry. Transfer to freezer.

# Paneer Cake

## Ingredients

1/2 gallon milk  
vinegar to split milk  
pinch of cooking soda  
1/4 tsp. rava (sooji)  
1/4 tsp. maida  
1 cup sugar  
cardamom powder

## Method

First split the milk to make Paneer. Allow all the water to drain, till it becomes stiff.

Then to this paneer, add sooji. maida, soda, 1/2 cup sugar. Mix all very well.

In a non-stick pan, lightly grease with butter and put on low heat. Add the paneer mixture.

Cover and let cook.

when one side is light brown, remove the cake on a plate and slide it back to the same pan to cook the other side to brown.

Towards the other side, make chashni(sugar syrup). To the rest 1/2 cup sugar, add 1 cup water.

Add cardamom powder. When the paneer cake is done, pour hot chashni(sugar syrup) on the top, while it still is in the heat.

Cover and let cook in slow heat for a minute.

Then off the heat and let the paneer cake cool in the room temperature. Cut into slices and serve.

# Mango Cheesecake

## Ingredients

lemon jello 85 grams (1 pack)

mini marshmallows - 1 cup

cream cheese - 255 grams (3 foil-wrapped packets of philadelphia cream cheese)

cool whip whipped cream - 113 grams (approx. 4 ounces)

mango pulp - 1.5 cups

ready 10 inch pie crusts - 2

## Method

Pour jello pack contents into a large mixing bowl.

Boil 1 cup of water and pour boiling water over jello.

Stir till jello dissolves in water.

Add marshmallows to this mixture and stir well till they completely dissolve.

Soften the cream cheese by microwaving it for 2 minutes.

Add cream cheese to the jello mixture.

Add whipped cream and mango pulp to this mixture and stir well.

Blend the mixture in a mixer or food-processor for 2 minutes.

Pour the batter into the ready pie crusts and refrigerate for 4-6 hours.

Serve chilled.

# Microwave Milk Cake

## Ingredients

lemon jello 85 grams (1 pack)

mini marshmallows - 1 cup

cream cheese - 255 grams (3 foil-wrapped packets of philadelphia cream cheese)

cool whip whipped cream - 113 grams (approx. 4 ounces)

mango pulp - 1.5 cups

ready 10 inch pie crusts - 2

## Method

Mix everything including the 1/4lb butter in a microwaveable dish or bowl on high heat in the microwave cook for 5mins

Stir it and cook again for 5mins.

Stir it and cook again for 5mins. - All together it takes 15 mins.

Pour in the plate like you do for any burfi.

Cut into squares and enjoy.

# Easy Coconut Cake

## Ingredients

2 cups flour (maida)  
1 cup melted ghee or butter  
1 cup water  
1 cup dry coconut powder  
4 tea spoons sugar  
1 tin condensed milk (300-400 gms)  
2 tea spoons of baking powder  
1/4 tea spoon of baking soda (meetha soda)  
few drops of lemon juice  
chopped dry fruits

## Method

Sieve the flour, baking powder, baking soda together at least 3 times.

Take a mixing bowl and beat condensed milk, ghee, water and sugar for 5 minutes.

Now mix the sieved ingredients and beat the whole mix for 5 minutes.

In the end mix the dry coconut powder and few drops of lemon juice.

Again beat the whole mix for about 2 minutes.

Pour the mixture into greased pan.

Sprinkle the dry fruits on the top and bake in a preheated oven for about 45-50 minutes at 180oC.

Cool before slicing.

Makes 15- 20 slices.

# Eggless Date & Walnut Cake

## Ingredients

1/2 cup each of chopped dates, sugar, chopped walnuts, veg. oil  
curd : 1tbsp  
milk : less than 1/2 cup  
maida : 1cup  
baking soda : 1 flattened tsp.

## Method

Grind together chopped dates, sugar, milk , curd for smooth paste.

Pour in a mixing bowl and add oil , fold oil in properly.

Take maida and baking soda & sieve twice together. Add this to the batter in mixing bowl along with walnuts.

Now mix this batter till air starts getting in the batter.

Meanwhile Pre-heat oven at 350 degree C Take a baking dish & powder it with little maida so cake comes out without sticking.

Pour in the batter & settle it. Slide the dish in oven & let bake at 350 degree C for 50 mins.

Check after 45 mins by piercing, if the knife comes out neat it's done.

Serve with Kheer or Custard along or eat alone.

# Walnut - Chocolate Cookies

## Ingredients

800 gms. plain flour  
200 gms. walnuts, powdered coarsely  
2 tbsp cocoa powder  
500 gms. sugar powdered  
500 gms. solidified ghee dalda  
1/4 tsp. baking powder  
1-2 tbsp. warm milk if required  
1/2 cups broken bits of chocolates

## Method

If ghee is not solidified, then refrigerate for some time. Take in a large deep plate, run in circular direction with a flat palm.

Rub enough to make ghee white, fluffy and light. Sieve baking powder, cocoa powder with flour. Add sugar to ghee and mix till light.

Fold in sieved flours, walnut powder till well mixed. Sprinkle some milk if dough seems too dry to hold.

Mix with a light hand. Do not knead too much or make dough gooey. Coarse dough will make better and lighter cookies.

Shape in small rounds, arrange on baking sheet. Preheat oven to 200°C, before putting in cookies.

Press on chocolate bit on each cookie in centre. Bake at 180°C for 7-8 minutes or till very light golden.

Remove, cool on a wire mesh or rack till completely cooled. Store in airtight container, in dry place.

**Note:** One may even add milk when rubbing ghee and sugar.

# Chocolate Cookies

## Ingredients

1 packet glucose biscuits  
1 tbsp. cocoa powder  
1 tbsp. walnuts crushed  
1/2 tin condensed milk  
1 tsp. cornflour  
1 tbsp. butter, softened  
4-5 drops vanilla essence  
1/2 cup milk  
1/2 cup coconut fine white flakes

## Method

Put glucose biscuits in a plastic bag, crushed coarsely with rolling pin. Make a paste of cornflour, cocoa and half the milk.

Heat remaining milk to a boil, pour into cocoa paste, mix till well blended. Empty condensed milk, butter, essence into a large bowl. Beat till light and blended.

Add cocoa milk mixture, mix again. Add crushed biscuits and walnuts, mix well. On a clean dusted surface, press out mixture into a square.

Mark out square piece with a knife. Allow to cool completely. Cut pieces fully. Place in a tray on greaseproof paper and chill till well set.

Serve chilled. Store in refrigerator till required.

# Walnut Cookies

## Ingredients

400 gms. plain flour  
400 gms. rice flour  
200 gms. walnuts, powdered coarsely  
500 gms. sugar powdered  
500 gms. solidified ghee dalda  
1/4 tsp. baking powder  
1-2 tbsp. warm milk if required

## Method

If ghee is not solidified, then refrigerate for some time. Take in a large deep plate, run in circular direction with a flat palm.

Rub enough to make ghee white, fluffy and light. Sieve baking powder with flours. Add sugar to ghee and mix till light.

Fold in sieved flours, walnut powder till well mixed. Sprinkle some milk if dough seems too dry to hold. Mix with a light hand.

Do not knead too much or make dough gooey. Coarse dough will make better and lighter cookies. Shape in small rounds, arrange on baking sheet.

Preheat oven to 200°C, before putting in cookies. Bake at 180°C for 7-8 minutes or till very light golden.

Remove, cool on a wire mesh or rack till completely cooled. Store in airtight container, in dry place.

**Note:** One may even add milk when rubbing ghee and sugar.

# Cashew Cookies

## Ingredients

400 gms. plain flour  
400 gms. wheat flour  
200 gms. cashews, powdered coarsely  
500 gms. sugar powdered  
500 gms. solidified ghee dalda  
1/4 tsp. baking powder  
1/2 cups broken bits of cashews or halved cashews  
1-2 tbsp. warm milk if required

## Method

If ghee is not solidified, then refrigerate for some time. Take in a large deep plate, run in circular direction with a flat palm.

Rub enough to make ghee white, fluffy and light. Sieve baking powder with flours. Add sugar to ghee and mix till light.

Fold in sieved flours, cashew powder till well mixed. Sprinkle some milk if dough seems too dry to hold. Mix with a light hand.

Do not knead too much or make dough gooey. Coarse dough will make better and lighter cookies. Shape in small rounds, arrange on baking sheet.

Preheat oven to 200°C, before putting in cookies. Press on cashew bit on each cookie in centre. Bake at 180°C for 7-8 minutes or till very light golden.

Remove, cool on a wire mesh or rack till completely cooled. Store in airtight container, in dry place.

**Note:** One may even add milk when rubbing ghee and sugar.

# Almond Nankathai

## Ingredients

800 gms. plain flour  
200 gms. almonds, powdered coarsely  
500 gms. sugar powdered  
500 gms. solidified ghee dalda  
1/4 tsp. baking powder  
1/2 cups broken bits of almonds or halved almonds  
1-2 tbsp. warm milk if required

## Method

If ghee is not solidified, then refrigerate for some time. Take in a large deep plate, run in circular direction with a flat palm.

Rub enough to make ghee white, fluffy and light. Sieve baking powder with flour. Add sugar to ghee and mix till light.

Fold in sieved flour, almond powder till well mixed. Sprinkle some milk if dough seems too dry to hold. Mix with a light hand.

Do not knead too much or make dough goeey. Coarse dough will make better and lighter cookies. Shape in small rounds, arrange on baking sheet.

Preheat oven to 200°C, before putting in cookies. Press on almond bit on each cookie in centre. Bake at 180°C for 7-8 minutes or till very light golden.

Remove, cool on a wire mesh or rack till completely cooled. Store in airtight container, in dry place.

**Note:** One may even add milk when rubbing ghee and sugar.

# Peanut Cookies

## Ingredients

1/2 cup butter or dalda  
3/4 cup powdered sugar  
1 1/2 cups flour  
1/2 tsp baking powder  
1 egg  
a few drops vanilla essence  
1/2 cup roughly ground pea nuts for mixing  
3/4 cup roughly ground peanuts for coating

## Method

If ghee is not solidified, then refrigerate for some time. Take in a large deep plate, run in circular direction with a flat palm.

Rub enough to make ghee white, fluffy and light. Sieve baking powder with flour. Add sugar to ghee and mix till light.

Fold in sieved flour, almond powder till well mixed. Sprinkle some milk if dough seems too dry to hold. Mix with a light hand.

Do not knead too much or make dough goey. Coarse dough will make better and lighter cookies. Shape in small rounds, arrange on baking sheet.

Preheat oven to 200°C, before putting in cookies. Press on almond bit on each cookie in centre. Bake at 180°C for 7-8 minutes or till very light golden.

Remove, cool on a wire mesh or rack till completely cooled. Store in airtight container, in dry place.

**Note:** One may even add milk when rubbing ghee and sugar.

# Classic Sugar Cookies

## Ingredients

1 cup granulated sugar  
3/4 cup butter or margarine softened  
1/2 teaspoon salt  
1 egg  
1 teaspoon grated lemon rind  
1 teaspoon vanilla extract  
2 1/4 cups allpurpose flour  
1 teaspoon baking powder  
additional granulated sugar.

## Method

Preheat oven to 350 degree F.

In large bowl, cream sugar, butter and salt.

Beat in egg, lemon rind, and vanilla until light and fluffy.

Sift together flour and baking powder.

Gradually stir into creamed ingredients.

On floured board using floured rolling pin, roll dough until 1/8 inch thick. Cut into fancy shapes.

Place on ungreased baking sheets.

Sprinkle generously with additional sugar.

Bake 9-12 minutes or until lightly browned around the edges.

Cool on racks and store in airtight containers.

# Butter Cookies

## Ingredients

3/4 stick of butter

1/4 cup of sugar

1 cup of all purpose flour

1/2 tsp of cardamom

1/4 cup of almonds

1/4 cup of cashews

1/4 tbsp of baking powder

## Method

Add butter, sugar and baking powder in a bowl and blend it very well

To the mixture add powdered cardamom and add flour little by little so that it blends properly.

To this add powdered almonds and cashews and mix it again.

Take a tblspn of dough and flatten it like a cookie.

Bake it in an ungreased cookie sheet for 350o about 15 mins or till it is golden brown.

# Mocha Cookies

## Ingredients

450 gms. Plain flour  
250 gms. Ghee soft, solidified  
250 gms. Sugar powdered  
40 gms. Cocoa powder  
10 gms. Instant coffee powder

## Method

Sieve flour once. Add coffee powder and cocoa and sieve again.

Push through all coffee and cocoa from sieve. In a large plate, take ghee, rub with palms till soft.

Add sugar and rub again till light and creamy. Add flour and mix well with light hands.

Shape dough into small flat patties. Place on a greased baking sheet.

Preheat oven to 160oC for 10 minutes. Place cookies on central rack.

Bake at 150oC for 10 minutes. Rotate is necessary.

Continue at 140oC for 10 minutes or till light golden brown. Cool completely on a wire rack before storing in airtight jar.

Serve warm or cold with tea, coffee, shakes, etc.

**Variation:** Add chopped walnuts, chocolate chips, or even dessicated coconut flakes, if desired. Add while mixing dough.

# Pistachio Chocolate Cookies

## Ingredients

### For Chocolate Cookies

1 1/4 cups self-rising flour  
1/3 cup milk powder  
2 tablespoons castor sugar  
3/4 cup (125 g) butter softened  
1/4 cup sweetened condensed milk  
125 g dark chocolate melted

### For Topping

125 g dark chocolate melted  
30 g butter melted  
1/2 cup pistachio nuts chopped

## Method

Sift the flour and set aside

Combine the butter and sugar in a small bowl and beat the mixture till fluffy and light.

Stir in the sifted flour, milk powder, condensed milk and cooled chocolate.

Mix to form a soft dough. Roll rounded teaspoons of mixture into balls

Place cookies on a greased baking tray about 5cm apart.

Bake in a moderate oven (preheated) at 160°C (320°F) for about 12-15 mins until just firm.

Cool on wire rack. For Topping

Combine the melted chocolate and melted butter in a bowl.

Spread the tops of the cookies with chocolate mixture and sprinkle with the pistachio nuts.

Store in an airtight container. (can be stored up to three weeks)

Comments and Handy Hints . Melt the chocolate over a double boiler.

Electric mixture can be used to cream butter and sugar.

# Basic Vanilla Icecream

## Ingredients

1 litre fullcream milk  
2 1/2 tsp. cornflour  
1 tsp. gelatine  
3/4 cup sugar  
1 cup fresh cream  
1 tsp. vanilla essence  
1/2cup cold milk

## Method

Bring milk to a boil. Boil for 15 minutes on low, stirring occasionally. Mix cornflour in 1/2 cup cold milk, keep aside.

Add sugar to milk, stir. Add cornflour paste, stirring continuously, till boil resumes. Boil for a further 4-5 minutes, take off fire.

Sprinkle gelatine over 3 tbsp. water in a small pan. Allow to soak for 5 minutes. Warm over gentle heat, till dissolved.

Do not bring it to a boil. When boiled milk cools a little, add gelatine solution and mix well. Cool to room temperature, freeze in covered tray, till set but not hard.

Break into pieces, beat with an egg beater till soft. Add cream and essence, mix well. The texture should be light and creamy.

Reset in the freezer till frozen.

# Strawberry Delight

## Ingredients

Basic Vanilla Icecream  
250 gms. strawberries  
1 tsp. gelatine (dissolved)

## Method

Clean and halve the strawberries. Keep 3-4 whole ones for decoration.

These, slice into fan shapes as shown earlier. Beat icecream till soft and creamy.

Keep the beating dish in a bigger dish filled with icewater. This is to prevent icecream from becoming liquefied.

Add gelatine solution, mix well. Use a decorative jelly mould.

Pour mixture into moist mould. Sprinkle half the cut strawberries here and there in mixture.

Put in freezer to set well.

## Just before serving:

Unmould onto a wide dish.

Arrange remaining halved strawberries along rim of icecream.

Decorate top with the sliced strawberries.

Serve instantly.

# Refreshing Sundae

## Ingredients

basic vanilla icecream  
1 bottle soda chilled  
1/2 tsp. falooda seeds  
2 tbsp. rose, khus, or other syrup  
1 canned cherry to top  
1 thin slice sweet lime

## Method

Soak seeds in 3-4 tbsp. water. Allow to fluffy well.  
Use a long conical glass.  
Pour syrup at bottom, add 1 scoop icecream.  
Beat well till smooth. Add remaining scoops.  
Add seeds & pour soda gently onto icecream.  
Allow to froth till brim. Top scoop with cherry.  
Slit lime along radius. Insert into wall of glass for decoration.  
Serve instantly, with remaining soda in bottle if desired to be added.

# Hot Chocolate Fudge

## Ingredients

Basic vanilla icecream

1/2 cup chocolate sauce

1 tbsp. chopped nut (almonds and cashews)

## Method

Use a tall conical glass.

Heat the sauce as stated in recipe.

Pour half the sauce in glass.

Add 2 scoops, pour a little more sauce.

Add 3rd scoop, pour remaining sauce while still hot.

Sprinkle chopped nuts.

Serve instantly with long-handled icecream spoon.

# Fruit Icecream Medley

## Ingredients

2 scoops basic vanilla icecream  
1/2 cup mixed chop fruit  
(orange, strawberry, banana, grapes, chickoo, kiwi, etc)  
2 tbsp. fresh fruit sauce  
1 icecream wafer for topping  
1 tbsp. tiny cubes of leftover cake (optional)  
2-3 tbsp. orange juice sweetened and chilled

## Method

Use a balloon glass (with/without stem) for best result.  
Toss the chopped fruit and cake together.  
Place at bottom of glass. Pour the orange juice over it.  
Place the icecream scoops over the fruit.  
Pour sauce over scoops.  
Cut wafer into 4 small triangles.  
Poke into top of scoop to form a fan shape.

# Quick Easiest Kulfi

## Ingredients

1 can thick cream

1 can evaporated milk

1/2 can condensed milk (add more if more sweetness is desired)

almonds sliced

elaichi powder

pista

## Method

Mix all the ingredients with a whisk or in blender and pour it in kulfi moulds (or in a container) and freeze .....

Note : other variations can be tried by adding mango or other fruit purees or pieces as per one's taste....

# Mango Icecream

## Ingredients

1 can mango pulp (28 - 30 oz. any impoted brand kesri, amrit etc)  
4 cups whipping cream or 32 fl oz  
2 cups half & half or 16 fl oz  
2 cups milk or 16 fl oz  
1 1/4 cup sugar

## Method

Mix all the above well. Use icecream maker for best results. Do not freeze in trays.

# Pista Icecream

## Ingredients

3 cups milk  
3/4 cup sugar  
5tbsp corn flour (cornstarch)  
Few drops vanilla essence  
Few drops yellow and green color  
1 cup cream  
Crushed pista

## Method

Boil milk and add cornstarch dissolved in little water. Cook till thick.

Add sugar. Remove milk from gas and cool it.

Add vanilla essence and colors in it.

Beat it a lot and add cream in it. Keep it in the refrigerator for 1 hour.

Beat it again. Then add crushed pista in it. Now cool it in a freezer.

# Almond Kulfi

## Ingredients

14 oz Condensed Milk

24 oz Ecaporated Milk

8 oz cool whip whipping Cream

1 cup peeled Almonds

Pinch of Saffron

1/4 tsp powdered Cardamom

1/2 cup Pista chopped (optional)

## Method

Grind almond with 14 oz evaporated milk

Mix all above ingredients except pista in a big bowl, beat it for 2 to 5 minutes, so the kulfi comes vety soft. Pour the mixture in a big square dish

Sprinkle the chopped almonds over it and freeze for 8 to 10 hrs.

Cut it and serve.

Note: Keep the kulfi out of the freezer 5 minutes before you serve, so it will be easy to cut.

# Eggless Ice Cream

## Ingredients

1 cup Milk  
1 tbsp Corn Flour heaped  
7 tbsps Sugar (heaped)  
1 & 1/2 tbsp Condensed Milk  
1 cup Cream (I use a can of -170 ml - Nestle cream)  
1 tsp Vanilla Essence  
Few drops of Red/Yellow Colour.

## Method

Boil the milk. Mix corn flour with a little cold milk and add to the boiling milk.

Cook till slightly thick. Add sugar and condensed milk. Mix well or blend in a mixie. When cold add cream and mix again. Add vanilla essence and few drops of food colouring. Freeze in a closed container.

Beat it up with eggbeater or in a blender after it is half set.

Freeze again. This can also be set in ice cream containers (with sticks) for kids. There is no need to blend a second time when set in these containers.

# Badam Milk Shake

## Ingredients

3 cups of milk  
1 cup of badam  
1 cup of yogurt/curds  
1 cup of sugar  
5 cinnamon  
2 cups of water

## Method

Grind cinnamon, badam, sugar all together  
After put milk & curds into the mixie, grind well, along with the above powder.  
Put water if u do not want it served thick.  
Serve the chilled badam milk shake.

# Fruit Shake

## Ingredients

Green grapes (seedless)

Kiwis

Strawberries

Red Pears

Red Apples

Milk

Sugar

Cashewnuts

Pinch of Pepper Powder

Vanilla Icecream

## Method

Grind together all the fruits with milk and sugar in blender.

Add cashew powder to this shake and sprinkle pepper powder on top.

Serve in tall glasses with vanilla icecream as topping.

Enjoy this easy and healthy fruit shake!

# Banana Milk Shake

## Ingredients

1 ripe medium banana  
400 ml. milk chilled well  
2 tsp. sugar  
2 drops vanilla essence  
1 drop yellow colour (optional)

## Method

Chop bananas, add 1/2 cup milk, blend in mixer till smooth.

Add all other ingredients, whip with an electric whipper.

Whip till the milkshake is frothy.

Pour into 2 tall glasses.

Serve very well chilled.

**Note:** One may add a tbsp. of finely chopped banana pieces at the bottom of each glass before pouring, if desired.

# Lychee Kheer

## Ingredients

1 cup chopped lychee  
2 tbsp rice  
1/2 tsp. cardamom powder  
few drops of kewra essence  
1 litre milk  
1/2 cup sugar  
5 pistachios crushed coarsely  
10 almonds crushed coarsely

## Method

Coarsely grind the rice  
Wash and soak for 30 minutes  
Heat milk, bring to a boil  
Add rice, stirring continuously, till boiling resumes  
Simmer, stirring occasionally, to keep rice from sticking to bottom  
Allow rice to cook fully  
Add lychee and stir for 5 mins.  
Add sugar, cardamom, essence, almonds and pistachios  
Stir, simmer for 2 minutes  
Serve chilled

# Strawberry Milk Shake

## Ingredients

250 gms fresh Strawberrys

1 litre fresh Milk

Sugar as per taste

Strawberry Ice Cream

## Method

Wash the strawberry and chop it finely.

In a blender put the stawberrys, sugar and a cup of milk. Blend it to a smooth paste.

Add the rest of the milk and blend it once again.

Strain it with a mesh into a large jar. Let this cool at least 2 hours.

Serve it in tall glasses with a scoop of strawberry ice-cream.

# Grape Milk Shake

## Ingredients

1 cup black grapes washed & cleaned

1/2 cup sugar

1 cup water

250 ml. milk well chilled

2-3 scoops vanilla or black currant icecream (optional)

## Method

Add 1/2 cup water to each, grapes and sugar, separately.

Boil grapes for 3-4 minutes, or till soft. Cool.

Boil sugar, water till a drop pressed between fingers feels sticky (1 thread consistency)

Blend grapes till smooth, sieve.

Add to sugar syrup, boil and simmer further for 5 minutes.

Cool very well.

Just before serving, blend grape concentrate and milk till frothy.

Pour into transparent glasses.

Top with a scoop of vanilla or black currant icecream if desired.

Serve immediately. sugar in a heavy pan and add water to just cover the sugar.

Boil and add a tbsp. of milk to separate the dirt. Strain and boil again.

The syrup is done when , while dropping from a spoon it falls in a thin single thread.

# Sitaphal Thick Shake

## Ingredients

1 cup sitaphal pulp  
1 litre pasteurised whole milk well chilled  
1/2 cup sugar  
1/2 cup vanilla icecream

## Method

Keep aside 1 tbsp. pulp for topping.

Grind sugar to a powder.

Beat sugar and milk with beater till well dissolved and frothy.

Add pulp and icecream and beat further till thick and frothy.

Pour into individual glasses, top with a small portion of pulp.

Serve chilled.

# Apple Shake

## Ingredients

1 apple, peeled, deseeded and chopped

2 glass milk

4 tbsp sugar

## Method

Run apple, milk and sugar in mixie, till apple is crushed completely

Chill the Shake

Pour into glass, from a height; so froth forms

Serve cold

# Carrot Milkshake

## Ingredients

10 baby carrots

1/4 cup sugar

2 cups boiled, cold milk

Pinch of cardamom (powdered)

## Method

Grate the carrots and blend all the ingredients.

Refrigerate for half an hour and enjoy the carrot milkshake.

# Icecream Milkshake

## Ingredients

Milk - Quarter gallon.

Sugar - 50 to 75 gms (depending on the required sweetness).

Icecream - Any choice of Icecream (Vanilla, chocolate etc, the small packets what you get in the store).

Malt (optional)- One Teaspoon.

## Method

In the blender add the milk, Three to four scoopes of Icecream and the sugar.

Beat them well in the blender so the mixture is smooth and frothy.

Serve it with ice cubes or as desired.

Serves 4.

Note: Sugar and Icecream can be added to the desired sweetness and the thickness of the Icecream Milkshake.

# Rossogolla

## Ingredients

1 litre milk  
1/2 tsp. citric acid  
1 1/2 cups sugar  
4 cups water  
2-3 drops rose essence

## Method

Heat the milk and bring to boil.

Cool the milk for a couple of hours. Remove the cream layer.

Reheat the milk and bring to a boil.

Add the citric acid dissolved in some water.

Stir slowly till the milk is fully curdled.

Keep as it is for 5 minutes.

Meanwhile heat the sugar and water in a wide sauce pan. Bring to a boil.

Strain the milk through a muslin cloth. Wash the chenna in the cloth under cold running water.

Press out the excess water and remove in a wide plate.

Gently knead into a soft dough by passing between fingers.

Make twelve equal sized balls of the dough.

Let them into the boiling water. Cover with a perforated lid. Boil for 13 to 15 minutes.

Take off from heat and cool them to room temperature.

Add essence and chill for at least 4 to 5 hours.

# Carrot Halwa

## Ingredients

1 kg juicy orange carrots  
1 1/2 litre milk  
400-500 gm sugar  
elaichi powder (cardomon)  
saffron few flakes  
few drops orange colour (optional)  
1 tbsp ghee

## Method

Peel and grate carrots  
Put milk and carrots in a heavy saucepan.  
Boil till thick, stirring occassionally.  
Once it starts thickening, stir continuously.  
Add sugar and cook further till thickens.  
Add ghee, elaichi, saffron and colour.  
Stir on low heat till the mixture collects in a soft ball or the ghee oozes out.  
Serve hot, decorated with a chopped almond or pista.

# Kaju Katli

## Ingredients

500 gms. cashews soaked 2 hours in water  
300 gms sugar  
1 tbsp. ghee  
1/2 tsp. cardamom powder  
silver foil (optional)

## Method

Drain and grind cashews to a fine paste.

Use as little water as possible.

In a heavy suacepan put sugar and paste.

Cook on slow to medium heat.

Cook stirring continuously till a soft lump is formed.

Add ghee and cardamom powder and mix well.

Spread on a clean greased worksurface.

Roll lightly with a rolling pin, to 1/8" thickness.

Apply silver foil. Cool, cut into diamond shaped katlis.

# Coconut Burfi

## Ingredients

2 cups coconut scrapped  
1 cup coconut coarsely shredded  
1 -1/2 cups sugar  
1 cup milk  
1 tbsp. butter  
1/4 tsp. cardamom powder

## Method

Mix both types of coconut in a large heavy pan.

Add Add milk and cook till bubbles appear.

Continue cooking, stirring continuously, for 10-12 minutes.

Simultaneously, boil sugar in 1/2 cup water to make 2-1/2 thread syrup. (refer sugar syrup)

Pour into coconut, stirring gently and continuously.

Add butter, and continue stirring, till a soft lump is formed.

Empty into greased large plate, pat even very lightly.

Cool and cut into squares.

Cool and set completely before transferring to container.

Store in airtight containers.

**Note:** Never use the brown skin of the coconut while grating, or scrapping. Use the whitest possible. Otherwise the burfi will get discoloured, though taste will not differ much.

# Badam Kheer

## Ingredients

25 almonds (badam)  
1 litre milk  
1/2 cup water  
1/2 cup sugar  
1/4 tsp. cardamom powder  
10-15 strands saffron, crushed, soaked in 1 tsp. warm milk  
1 tsp rose water  
5 pistachios crushed coarsely

## Method

Soak almonds for 30 mins in hot water  
Peel the skin of almonds  
Grind the almonds into paste with 1/2 cup water  
Bring the milk to boil in heavy pan  
Add almond paste  
Keep stirring occasionally till semi-solid  
Add sugar, cardamom powder, rose water and saffron  
Cook for 2 minutes  
Garnish with pistachios  
Serve chilled or hot

# Pal Payasam

## Ingredients

1 litre milk  
1 cup brown broken rice  
1/2 cup sugar  
1/4 tsp. cardamom powder  
1/2 cup condensed milk  
15-20 raisins

## Method

Cook the rice.  
Add milk, condensed milk and sugar to rice.  
Mix well.  
Let is boil till payasam thickens.  
Add cardamom powder and raisins.  
Stir the payasam.  
Serve hot or cold.

# Shrikhand

## Ingredients

1/2 kg. curds  
300 gms. sugar  
1/2 tsp. cardamom powder  
few strands saffron  
1/2 tbsp. pista & almond crushed

## Method

Tie curd in a clean muslin cloth overnight. (6-7 hours).

Take into a bowl, add sugar and mix.

Keep aside for 25-30 minutes to allow sugar to dissolve.

Rub saffron into 1 tbsp. milk till well broken and dissolved. Keep aside.

Beat well till sugar has fully dissolved into curd.

Pass through a big holed strong strainer, pressing with hand or spatula.

Mix in cardamom powder and dissolved saffron and half nuts.

Empty into a glass serving bowl, top with remaining nut crush.

Chill for 1-2 hours before serving.

# Motichoor Ladoo

## Ingredients

2 1/2 cups gram flour (not superfine variety)  
500 ml. milk  
1/2 tsp. cardamom powder  
3 cups ghee for deep frying  
a fineholed shallow strainer spoon

## For Syrup:

2 1/2 cups sugar  
3 1/2 cups water  
2 tbsp. milk  
few drops saffron (kesri) colour

## Method

### For Syrup:

Put sugar and water in a vessel and boil. When sugar dissolves, add milk. Boil for 5 minutes till scum forms on top. Strain and return to fire. Add colour and boil till sticky but no thread has formed. Add cardamom powder and mix. Keep aside.

### For Boondi:

Mix flour and milk to a smooth batter. Heat ghee in a heavy frying pan. Hold strainer on top with one hand. With the other pour some batter all over the holes. Tap gently till all batter has fallen into hot ghee. Stir with another strainer and remove when light golden. Keep aside. Repeat for remaining batter. Immerse boondi in syrup. Drain any excess syrup. Spread in a large plate. Sprinkle few tsp. hot water over it. Cover and keep for 5 minutes. Shape in laddoos with moist palms. Cool and keep open to dry, before storing in containers.

# Puranpoli

## Ingredients

300gms. channa (yellowgram) dal  
300 gms. jaggery (molasses)  
1 tsp. cardamom powder  
150 gms. plain flour  
1 tbsp. ghee  
warm water to knead dough  
ghee to serve

## Method

Boil dal in plenty of water till soft but not broken. Drain in a colander for 10-15 minutes. Pass through an almond grater little by little till all dal is grated. Mash jaggery till lumps break. Mix well into dal. Put mixture in a heavy saucepan and cook till a soft lump is formed.

Take care to stir continuously, so as not to charr. Keep aside. Mix ghee, flour, add enough water to make a soft pliable dough. Take a morsel sized ball of dough, roll into a 4" round. Place same sized ball of filling in centre, life all round and seal. Reroll carefully to a 6" diameter round. Roast on warm griddle till golden brown. Repeat other side. Take on serving plate. Apply a tsp. of ghee all over top.

**Note:** The water drained from boiling dal is used to make the amti. ( a thin curry made using black masala, garam masala and some mashed dal.)