Desserts / India

Kulfi

The ancient frozen dessert of the Subcontinent — whole milk reduced low and slow to a thick, fudgy paste, then sweetened with condensed milk and shot through with cardamom, saffron, and crushed pistachios before being set in conical molds.

Time 480 min **Servings** 4

What you'll need.

- ☐ 1000 ml Whole milk (full fat)
- ☐ 200 ml Sweetened condensed milk
- ☐ 60 g Caster sugar
- ☐ 8 whole Green cardamom pods (seeds ground)
- ☐ 0.5 g Saffron strands
- ☐ 100 ml Double cream
- ☐ 40 g Unsalted pistachios (chopped fine)

Let's make it.

01 Warm 3 tablespoons of the milk to just below a simmer. Crumble the saffron strands into the warm milk and let steep for 20 minutes — the liquid will turn a deep copper-gold. Reserve. In the remaining milk, heat over medium flame, stirring with a heavy wooden spoon to prevent scorching on the base of the pan.

02 Heat the whole milk over medium-high in a wide, heavy-bottomed pan. Stir frequently with a silicone spatula, scraping the sides and base. As it reduces, lower the heat. Add the sugar and ground cardamom when the milk has reduced by half. Continue to cook, stirring constantly, until the mixture has reduced to roughly one-third of its original volume — about 30–35 minutes. It should coat the back of a spoon thickly.

03 Remove the reduced milk from the heat. Stir in the saffron milk, condensed milk, and double cream. Mix well until completely uniform in colour — a warm gold with flecks of pistachio throughout. Taste for sweetness and adjust. Reserve a few pinches of pistachio for garnish.

04 Pour the mixture into kulfi molds, small metal cups, or an ice cube tray. Cover tightly with foil and insert a wooden stick through the foil before it sets. Freeze for at least 6 hours, ideally overnight. Unmold by running the outside of the mold under warm water for 10 seconds and inverting onto a plate.

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Servings are an estimate; check quantities in the source recipe.
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