



Ingredients

1 litre milk
2-3 tbsp sugar
½ cup milk
1 tsp corn flour
2-3 drops of kewra essence
3 tbsp fresh cream
10-12 pistachio nuts, flaked

Nutrients

Approx. calories per serving: 350 kcal

Procedure

Stir in the corn flour in half a cup of milk and keep aside. Pour 1 litre of milk into any suitable unit and heat on medium heat until the Thermo Indicator reaches the 60 degree mark. Lift the lid and keep it aside. Continue to thicken the milk on medium heat stirring occasionally until it is condensed to half its original quantity.

Add the sugar and let it simmer for a minute or two more. Then add in the corn flour-milk mixture and thicken it. Add the kewra essence, remove from the stove and cool slightly. Mix in the blender for a few seconds to make it smooth. Then fold in the cream and add the flaked pistas.

Fill the Healux Silicone Kulfi moulds with this mixture and freeze for 7-8 hours. Invert on any suitable serving dish and serve immediately.