

Eat The View

Recipes and Tips

This is a rich and indulgent dessert that compliments a spicy meal. It's really easy to make and can be made in advance and served straight from the freezer.

Creamy Kulfi

Serves 4

500 ml double cream
1 small pinch saffron threads
500 ml sweetened condensed milk
1 teaspoon cardamom powder
150g raw pistachios, chopped

Into a small saucepan, add half the double cream and saffron. Heat over low-medium heat, until it comes to a gentle boil. Remove from heat and cool to room temperature. Transfer cream into a covered container and refrigerate until completely cold (at least 5 hours or up to a day).

Into a large bowl, combine saffron soaked double cream and remaining cream. Beat with handheld electric beater (on high speed) until thick and softly whipped (when soft peaks begin to form), about 1 ½ minutes.

Into the whipped saffron cream, add sweetened condensed milk, cardamom powder and the chopped pistachios (keeping a few back to garnish). Whip again for about 30 seconds, until mixed completely.

Transfer mixture into a freezer safe container, sprinkle remaining chopped pistachios on top. Cover and freeze overnight. To serve, scoop kulfi into serving bowls.