

Baked Yogurt with Figs Recipe (Indian)

Ingredients:

200 g sweetened condensed milk
200 g natural set or Greek yogurt
Pinch of green cardamom powder
1 tablespoon pistachio nuts, cut into sliver
1 tablespoon raisins, soaked in warm water for 10 minutes, then drained

Figs in Syrup:

4 ripe figs
2 tablespoon granulated sugar
finely pared zest of 1 lemon
1 teaspoon lemon juice
2 cloves
2.5 cm cassia bark or cinnamon stick
1 star anise

Method:

Preheat the oven to 150 degrees Celsius. Line four ramekins with paper muffin cases. Whisk the condensed milk, yogurt and cardamom powder together in a bowl, then fold in the pistachios and raisins. Pour the mixture into the lined ramekins. Stand them in a roasting tin and pour enough warm water into the tin to come almost halfway up the sides of the moulds. Bake in the oven for 40-50 minutes until set.

Meanwhile, prepare the figs. Put the sugar, 300 ml water, the lemon zest and juice, and the spices in a small heavy-based pan and place over a low heat until the sugar has dissolved, then bring to the boil. In the meantime, cut each fig vertically into four. Add the figs to the sugar syrup and simmer for 2 minutes, then immediately take the pan off the heat. Leave the figs to cool in the syrup.

On removing the baked puddings from the oven, take the ramekins out of the water-bath and set aside to cool. To serve, un-mould the puddings on to serving plates, arrange the figs on top and drizzle a little of the poaching syrup around the plates.

Variation: If figs are out of season, try serving the baked yogurts topped with a scoop of blackberry or raspberry sorbet.