

## **Kashmiri Apple Pudding Recipe**

**(Indian)**

### **Ingredients:**

1 kg apples  
200 g granulated sugar  
5-cm cassia bark or cinnamon stick  
1.5 liters whole milk  
100 g castor sugar  
pinch of saffron threads, infused in 1 tablespoon warm milk  
1/4 teaspoon green cardamom powder  
1 teaspoon rose water

### **To serve:**

1 tablespoon pistachio nuts, roughly shredded  
mint sprigs, to decorate

### **Method:**

Peel, quarter and core the apples, then cut into wedges. Meanwhile, put the granulated sugar and 600 ml water in a heavy-based pan and heat gently until the sugar is dissolved. Add the apples, with the cassia or cinnamon, and cook for about 10 minutes until just soft. Allow to cool. Put the milk in another heavy pan, bring to the boil and simmer, stirring often, for about 1 hour until reduced to almost a quarter of the original volume. Add the castor sugar, infused saffron, cardamom powder and apples. Heat, stirring, to dissolve the sugar and mix well. Take off the heat and stir in the rose water. Allow to cool, then chill. Serve the apple pudding chilled, topped with pistachios and mint sprigs.