

Rich Cashew Nut Ice Cream Recipe

(Indian)

Ingredients:

2 liters whole milk

1/2 teaspoon green cardamom powder

400 g granulated sugar

50 g cashew nuts, lightly toasted and crushed

4 drops kewra water (screwpine flower essence*) or rose essence

Raspberry Sauce:

100 g raspberries

30 g icing sugar, or to taste

Method:

Pour the milk into a heavy-based pan, add the cardamom powder and bring to the boil, then lower the heat. Simmer, stirring frequently, until the milk has reduced to one-third of the original volume and has a granular consistency; this will take about 1 1/2 hours.

Take off the heat and stir in the sugar and crushed nuts. Return the pan to a low heat and stir until the sugar has dissolved. Remove from the heat and set aside to cool. Add the kewra water or rose essence, mix well, then cover and chill thoroughly. (If you have an ice-cream maker, churn the mixture for 30-45 minutes at this stage to refine the texture).

Fill individual conical moulds, about 175 ml capacity, with the kulfi mixture and freeze for 4-5 hours until firm.

To make the sauce, purée the raspberries with the icing sugar in a blender, then strain through a fine sieve into a bowl. Chill until required. To serve, un-mould the kulfi and slice each one into four pieces. Arrange on chilled plates and drizzle the raspberry sauce around. Serve at once.

***Kewra water (screwpine flower essence) - this is a scented flavoring obtained from the flower of the screwpine tree that grows mainly in southern India. Kewra is used in rice dishes, sweets and drinks.**

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