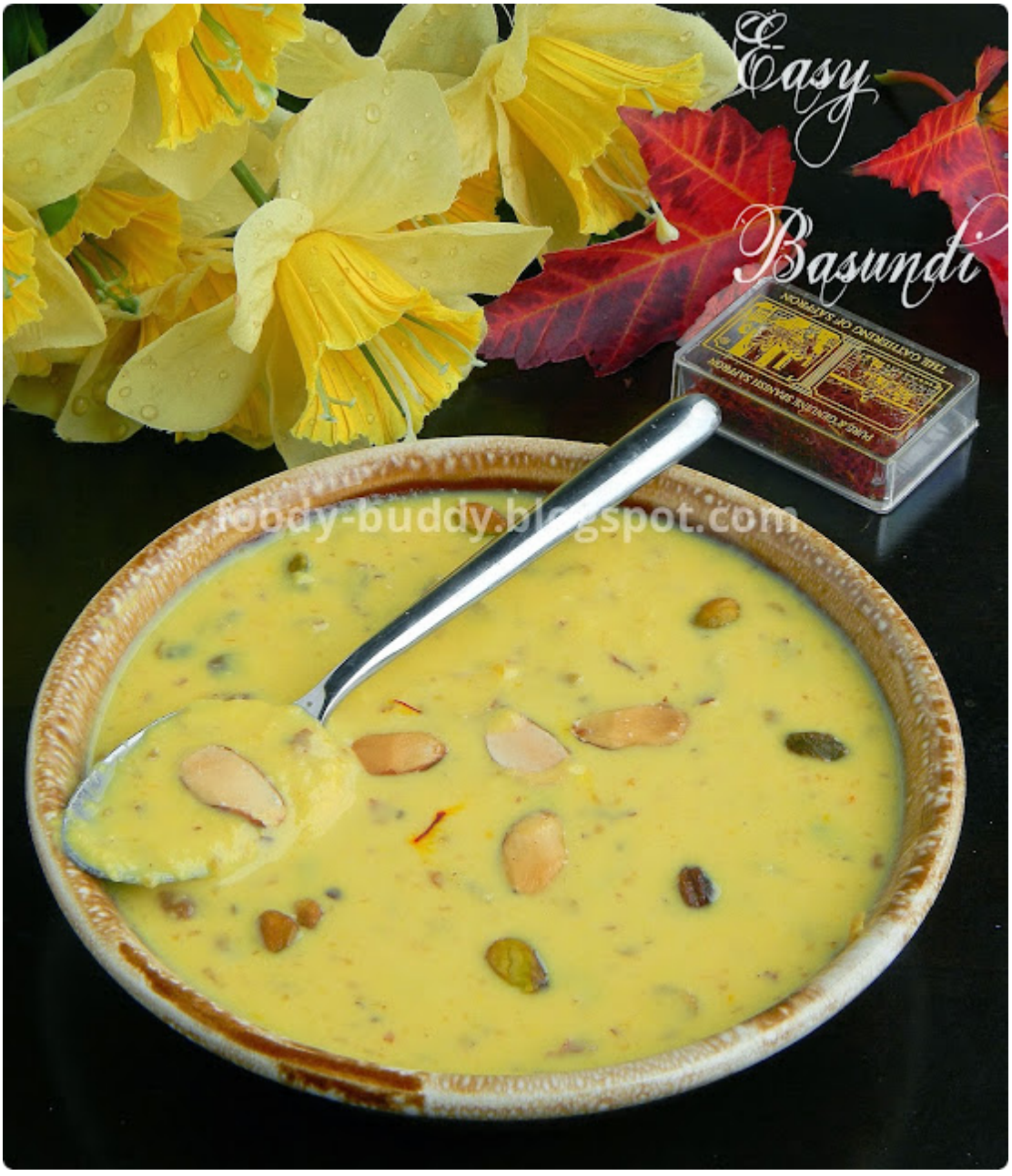
Basundi Recipe | How To Make Basundi | Indian Dessert



Basundi recipe is an Indian dessert popular in Maharashtra and Gujarat. It is a calorie rich, scrumptious dessert prepared by simmering the milk for a long time until it reduced to half of its volume, finally flavored with saffron, almonds and pistachios. This is one of my top favorite sweet. I used to eat a lot in my college days as my father used to get me kesar basundi every week from Agarwal sweets. My husband has not tasted it before so I made this easy and tasty basundi

recipe for diwali. Addition of almonds and pistachios to basundi recipe adds a nice crunch to this creamy dessert. Saffron imparts color and flavor to the dish. When you make basundi , always scrap the sides of vessel while cooking, as that will make the basundi thick and imparts creamy texture. It is served as a dessert or sweet accompaniment in lunch or during any Indian festivals like diwali. Also it tastes great with gulab jamun or hot malpuas.



Ingredients

3 Cups of Milk (2 % or Full Fat)
3-4 Tbsp of White Sugar

20 Saffron Strands
10 Almonds, Chopped
10 Cashews, Chopped
10 Pistachios, Chopped
Pinch Of Nutmeg Powder
3 Cardamom, Powdered
1 Tsp of Ghee (Melted Butter), Optional

To Garnish

Almonds and Pistachios

Method

- Chop the almonds, cashews and pistachios . Powder the cardamom with mortar and pestle.
- Soak the saffron in 2 tsp of warm milk and keep this aside.
- Take a heavy bottomed vessel, add the milk, bring the milk to boil and reduce the flame, cook on the slow flame, till the volume is reduced to half of its volume. Keep on stirring and continuously scrap the sides and bottom of the pan, otherwise the milk would get stick to the bottom.
- Once the milk reduced to half of its volume, this would take 30 mins, add all the chopped nuts(almonds, cashews and pistachios), nutmeg powder, cardamom powder and saffron cook this for another 15-20 mins in a slow flame, keep on stirring, otherwise you would get burnt flavor.
- After the milk thickened and got a nice flaky layer of cream on top, add sugar and mix well, cook for another 10 mins and turn off the flame.
- Serve warm or chilled garnished with almonds and pistachios .
- I love chilled basundi as it tastes divine and it

thickens more when it is chilled.

Tips

- Adjust the amount of sugar according to your taste.
- You can also use evaporated or condensed milk in place of full cream or 2% milk.
- You can also make flavored basundi by the addition of strawberry or oranges after step 3, to make strawberry basundi or orange basundi respectively.
- Addition of nutmeg powder is for easy digestion.
- If you use condensed milk or evaporated milk, do not add sugar to it.
- Addition of saffron gives a nice color and flavor.
- Always use heavy bottomed pan to make it otherwise milk will burn and stick to the pan.
- When you keep basundi in fridge, make sure the consistency is thin and otherwise it would turn thick on next day.


Kesar Basundi
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