

MILK KULFI RECIPE / PAAL ICE / HOMEMADE KULFI RECIPE

Milk Kulfi Recipe / Paal Ice / Kuchi Ice is a popular Indian frozen, creamy milk desert to enjoy in summer. I love all kinds of kulfi (qulfi) recipes but my favourite kulfi's are kesar (saffron) kulfi and mango kulfi. This milk kulfi (paal ice) is a quick and easy version of making kulfi recipe with just 5 ingredients without using heat. This kulfi recipe tastes like traditional ice cream with same taste and creamy consistency. The secret of making kulfi (paal ice) depends on good quality of milk and the amount of sugar. In this kulfi recipe, I used [homemade condensed milk](#) which brings thickness to kulfi. I really love the outcome of homemade kulfi which is so creamy and yummy. The cardamom and nuts added exotic taste to kulfi. Kids will enjoy this easy milk kulfi for sure.



Preparation Time : 10 Mins

Cooking Time : 25 mins

Serves : 3 Popsicle

Ingredients For Milk Kulfi Recipe

- 2 Cups of Full fat Milk (Boiled and reduced to 1/2 cup milk)
- 1/2 Cup of [Homemade Condensed Milk](#) / Store Bought Condensed Milk
- 3 Tbsp of Sugar
- 3 Cardamom, Powdered
- Nuts of your Choice – 4 Almonds and 4 Cashews, Finely

Chopped

Method

- In a mixing bowl, add full fat milk, condensed milk, sugar, powdered cardamom, chopped almonds and cashews. Mix well with a spoon.
- Pour this into kulfi moulds or mud pot. Freeze it for overnight or at least for 6-7 hours.
- Next day, immerse the moulds in water for few seconds. Kulfi just comes out easily.
- Serve immediately.

Tips

- Use 2 % or Full fat milk to make kulfi. Don't use low-fat milk.
- To change the flavor of kulfi, add kesar (saffron) or vanilla essence or rose milk essence to the milk.
- Don't have popsicle mould, use paper cups and stick, wrap it with aluminium foil and freeze it.
- You can use either homemade condensed milk or evaporated milk.
- Adjust sugar measure according to your taste.



Technorati Tags : [kulfi](#), [kulfi recipe](#), [milk kulfi](#), [paal kulfi](#), [paal ice](#), [kuchi ice](#), [how to make kulfi recipe](#), [kulfi recipe with condensed milk](#), [easy kulfi recipe](#), [homemade kulfi recipe](#)

Condensed Milk Recipe / How To Make Condensed Milk At Home

Condensed milk recipe at home is very simple and easy. All you need is just four ingredients and the cost of making homemade condensed milk is cheaper than buying it from supermarket. You can prepare condensed milk by two ways, one is by using full fat milk and other one is milk powder. Here I used milk powder to make condensed milk and it tastes absolutely delicious and yummy and I got this recipe from [here](#).

I used to get lots of Milkmaid condensed milk from nearby store to make sweets. But now I use this sweetened condensed milk recipe, to make Indian sweet (Dessert) recipes at home like kheer, payasam, halwa, burfi and for baking. Also substitute condensed milk in place of mawa in making sweets. Yesterday I made [milk kulfi recipe](#) with homemade condensed milk. Try this condensed milk recipe using milk powder and serve it for kids with fruits and nuts for topping, they will surely enjoy.

Health Benefits of Condensed Milk

- Condensed milk is a healthy food as it has all the essential nutrients like carbohydrates, fats, proteins required for all age groups.
- Presence of calcium in milk helps in the maintenance of bones and teeth especially for growing children.
- Other nutrients in condensed milk are potassium for proper nerve function, magnesium for muscular function and phosphorus for energy metabolism.
- As it has sugar, consume it limited amount as per daily dietary requirements.



Ingredients To Condensed Milk Recipe

- 1/2 Cup of Milk Powder
- 1/4 Cup of White Sugar
- 1/4 Cup of Boiling Water

- 2 Tbsp of Unsalted Butter

Method

- In a blender, add milk powder, sugar, boiling water and butter.
- Blend all ingredients together until they are smooth and creamy.
- Condensed milk is ready to make sweets and store it in an airtight container and refrigerate it for 3-4 days.

Tips

- Adjust the amount of sugar to your taste.
- If you think your condensed milk is too thick, add little more boiling water, blend it to get incorporate.
- It will get thicker after refrigeration, but will loosen up when stirred and brought to room temperature.
- Add few drops of vanilla essence for different flavour and taste.

Condensed Milk Recipe



©foodybuddy

Vadu Mango Pickle Recipe / Maa Vadu Pickle

Vadu maangai Oorugai / Vadu mango pickle recipe is a popular south Indian pickle prepared from mavadu (Tiny Baby

Mangoes). My mom used to buy tender raw mangoes in bulk and make this special pickle during summer, but this time I tried this authentic maa vadu pickle and it successfully came out so good. This pickle will stay good for months without refrigeration. You can use gingelly oil or castor oil to make this vadu mango pickle. Vadumangai oorugai tastes great with curd rice and moor sadham. Try this no cook south Indian **BABY MANGO PICKLE** at home and enjoy ...



Vadu Mango Pickle

Ingredients

- 1/2 Kg of Raw Tiny Mangoes
- 2 Tsp of Mustard Seeds
- 2 Tsp of Fenugreek
- 25 Red Chillies
- 1/4 Tsp of Asafoetida

- 1 Small Virali Manjal (Turmeric) or 1/2 Tsp of Turmeric Powder
- 4 Tbsp of Gingelly Oil or Castor Oil
- salt to taste

Method for Maavadu Pickle

- Wash and pat dry the mangoes in a kitchen towel, let them dry in shade for 2 hrs.
- In a big glass bottle, transfer the mangoes and pour oil and mix well so that oil coats all the mangoes.
- In the mean time, dry roast the mustard, fenugreek and red chillies until fenugreek changes color and mustard cracks. Cool down and grind them along with turmeric, salt and asafoetida.
- Add 5 Tbsp of water and grind it to a smooth paste. Transfer this to bottle and mix well with clean, dry spoon.
- Keep this covered and leave it in kitchen shelf for 10 days.
- Shake the jar couple of times every day. After few days, the mangoes will shrink in size and water quantity increases because of salt.
- Serve this flavorful pickle with sambar sadham (Sambar Rice) or thayir sadham (Curd Rice).

Tips

- Always use dry clean spoon. DO not use your hand to take pickle.
- Store it in glass bottle or ceramic jar.
- Use castor oil or gingelly oil to make this pickle.
- You can use rock salt or table salt as rock salt gives you nice taste than table salt.

Health Benefits of Raw Mangoes

- It keeps blood pressure under control.
- Good for indigestion and constipation.
- It has anticancer properties.
- Home remedy for morning sickness in pregnancy.



Spicy Maavadu With Creamy Curd Rice