

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



**Mushroom Tomato and Cucumber
Sandwich | No Cheese Sandwich**



I start most of my days by having sandwiches with vegetable fillings and this is one of among them. This is very easy and quick to fix sandwich with mushroom, tomato and cucumber as filling, for flavoring, I added Italian seasoning, salt and pepper. This is a heart healthy sandwich which has no cheese in it and I used whole wheat bread, so this is very healthy and filling sandwich that can be made in minutes. You can have this no cheese sandwich for breakfast or lunch or dinner.

Preparation Time : 10 Mins

Cooking Time : 10 Mins

Makes : 1 Sandwich

Ingredients

2 Whole Wheat Bread
6 Slices of Mushroom
4 Slices of Tomato
4 Slices of Cucumber
2 Tbsp of Chopped Yellow / Red Onion
1/8 Tsp of Italian Seasoning
2 Tbsp of Mayonnaise, I used Vegennaise
Dash of Salt and Pepper
Red Wine Vinaigrette to taste
1 Tsp of Olive Oil

Method

- Wash and slice the cucumber, tomato and mushroom. Finely chop the onion.
- Heat olive oil in a pan, add onion, mushroom, salt, pepper and Italian seasoning, saute this for 2-3 mins in a medium high flame, until it turns mushroom turns soft. Once it done, turn off the flame.
- Toast the bread in a toaster or cast iron pan.

For The Sandwich Build

- Apply mayonnaise or vegennaise on each side of the bread.
- Place the sauted mushroom and onion, cucumber and tomato.
- Assemble your sandwich by gently pressing the two slices of bread together.
- Yummy sandwich is ready to serve.

Tips

- You can use wheat bread or white bread(maida)

- You can use chopped lettuce to this sandwich.
- Use sharp cheddar cheese or earth balance (dairy free-vegan option) for more richness and creaminess.
- Use butter in place of olive oil.

Health Benefits of Mushroom, tomato and Cucumber Sandwich

- Whole wheat bread are rich in fiber, reduce the risk of cardiovascular disease and diabetes.
- Mushroom are rich in protein, vitamin B, D and antioxidants, boost your immune system.
- Tomatoes are rich vitamin A,C, K, beta-carotene, a natural cancer fighter and good for skin.
- Cucumber re-hydrates the body, good for skin, aids in weight loss and fight against cancer.

1. Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
2. Reduce the risk of cardiovascular disease

Read more at
<http://foody-buddy.blogspot.com/2013/09/whole-wheat-bagels-how-to-make-bagels.html#trLQpp37hDxhA0TY.99>



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