

# 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.



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***Rasagulla Recipe is a freshly made homemade cheese balls simmered in a pot of sugar syrup, it is a famous bengali sweet usually I make it for diwali.. "Ras is the syrup and gulla is a ball". I'm a big fan of Milk sweets especially I love Rasgulla and basundi because of its rich, creamy and delicious in taste. You can make this rasgulla for diwali or any festival occasion. I made this sweet for our wedding anniversary last week. For this sweet, I used 2 % milk, you can also use full cream milk and I made this recipe using pressure cooker. Got this recipe from [here](#). This is very easy to make rasagulla and also yummy in taste and also it can be done so quickly. Try this delicious sweet and let me know your***

**feedback.**

**Make : 7 Rasgullas**

**Ingredients**

**2 Cups of Milk (2%)**

**2 Tbsp of Lemon Juice**

**3/4 – 1 Cup of Sugar**

**2 and 1/4 Cup of Water**

**Pinch of Cardamom Powder**



**Method**

**To Make a Paneer/ Indian Cottage Cheese**

- Boil the milk in a heavy bottomed vessel over medium heat, when milk starts boiling, just simmer it, then add the lemon juice to the boiling milk, stir the milk gently. Now milk will start curdling and then whey will separate. Switch off the flame.
- Strain the curdled milk in a cheese cloth/muslin cloth placed in a strainer. Keep the bowl under strainer to collect the whey. Don't waste the whey, they are nutritious and has protein in it.
- Wash the milk solids in a cold running tap water, this has to be done to remove the lemon smell. Squeeze the excess water and hang it for 15-20 mins. After that, take out the milk solids/ paneer from muslin cloth, knead it well with hand for 10 mins until you get a soft and smooth dough and make them into a small round size balls. I made 7 balls.

### To Make Rasgulla

- In a pressure cooker, add sugar, pinch of cardamom powder and water, bring it to a boil, add the paneer balls and close the pressure cooker. After you get 1 whistle, simmer it for 7 mins. Turn off the flame.
- After you open, you can notice, the rasgulla will be doubled in size. Keep this rasgullas in refrigerator for 1 hr and serve it chilled.



### **Tips**

- **Use homemade rasgullas to make rasmalai dessert.**
- **You can use the whey to make soft chapathi or in bread making. Don't waste it.**
- **You can also cook rasgulla in a heavy bottomed pan instead of using pressure cooker.**
- **Use rose water to the sugar syrup to get a nice flavor to rasgullas.**
- **Add pistachios and saffron strands for a color and to get a great taste.**

### **Health Benefits of Paneer / Indian Cottage Cheese**

- **Paneer is a good source of vit D and calcium, which helps to build strong bones and teeth.**
- **Paneer in moderation, is associated with lower body**

weight, reduced risk of insulin resistance syndrome.

- Paneer is high in protein and reduces cancer risk
- Helps in lower, back and joint pain.
- Paneer prevents osteoporosis in women.
- Good for digestive which helps in activating the hydrolysis of protein
- Whey acts as a cleansing agent, helps in function of urinary system.

