

# Easy Kesar Shrikhand Recipe / Sweetened Yogurt with Saffron & Nuts

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## Shrikhand Recipe

Easy Kesar Elachi Shrikand Recipe / Sweetened Yogurt with Saffron & Nuts is a rich, creamy Indian style flavored yogurt. It is a popular dessert in Gujarat and Maharastrian cuisine. I love all kinds of milk based Indian sweets, this shrikhand is one of my favorite. The cardamom and saffron adds a wonderful

flavors and nuts on top adds a nice crunch to this dessert. To make a shrikhand at home is very simple, you have to use hung / strain the curd using muslin cloth to separate the whey, they are then mixed with sugar, cardamom, saffron. It is kept in the fridge and served chill with nuts and fruits. If you love mango, just blend the mango pulp with shrikhand. They are called Amarkhand. You can serve the shrikhand plain or with [poori](#) (puffed Indian bread). Make this easy, no cook dessert for coming janmashtami (krishna jayanthi) and enjoy with your family.

## How to make Easy Kesar Shrikand Recipe / Sweetened Yogurt with Saffron & Nuts

Easy Kesar Shrikand Recipe / Sweetened Yogurt with Saffron & Nuts



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Prep time

3 hours

Cook time

5 mins

Total time

3 hours 5 mins

Easy kesar shrikhand recipe / Sweetened Yogurt with Saffron, cardamom & nuts is a rich, creamy popular Indian dessert.

Serve them plain or with poori or chapathi.

Author: Gayathri Ramanan

Recipe type: Dessert

Cuisine: Indian

Serves: 1

Ingredients

- $\frac{1}{2}$  Cup of Thick Hung curd or Greek Yogurt from 1 cup of curd
- 1.5 Tbsp of White Sugar, I used Turbinado Sugar
- 7-10 Saffrons
- 10 Almonds, Finely Chopped
- 3 Cashews, Powdered
- Pinch of Cardamom Powder
- $\frac{1}{2}$  Tbsp of Milk

Instructions

1. Take homemade curd (yogurt) or store bought curd. Always use fresh one, don't use sour curd.
2. Put the muslin or cheese cloth over the strainer. Add curd (yogurt) over muslin cloth and allow it to drain for 3 hrs. Place the bowl under the strainer to remove the whey. Use this whey to knead chapathi dough.
3. In a mixing bowl, add yogurt (curd), sugar, cardamom powder and powdered cashews. Mix well with whisk until it turns creamy and smooth.
4. Add saffron to the hot milk, leave it for 5 mins.
5. Add the saffron milk to the yogurt, mix well.
6. Finally garnish it with saffron and nuts of your choice like almonds, pistachios.
7. Refrigerate it for an hour before serving.
8. Creamy, yummy kesar shrikhand is ready to serve.

Notes

I used turbinado sugar. You can use powdered white sugar too.

Adjust the amount of sugar as per to your taste.

Add any nuts of your choice like pistachios or walnuts or almonds.

If you have Greek yogurt, you can use it directly instead of

using homemade hung yogurt.

If you don't have saffron, you can skip it and make it plain shrikhand.

Do not use sour curd while making shrikhand.

# Kesar Elaichi Shrikhand



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## **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.

# Milk Kulfi



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