

# **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  
Serves : 3 Popsicle

Cooking Time : 25 mins

## 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



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](#)

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# BETEL LEAVES RICE / VETRILAI SADHAM / HERBAL RICE RECIPE

Betel leaves or paan is the most important item in socio-religious life of Hindus. There won't be any auspicious occasion without betal leaves in India. Also betel leaves is a symbol of freshness and prosperity. According to ayurvedic science, it is used to cure diseases that are caused by air, bile and phlegm. Also it is a best medicine for cold and cough. I and my mom used to chew this betal leaves (Vetrilai) and areca nuts(pakku) when we get affected by cold. Coming to the recipe, betel leaves rice / vetrilai sadham is a one pot meal with lots of health benefits. This betel leaves (vaethalai) rice is very easy to make in a less time, the rice has a distinct flavour and unique taste because of betel leaf, garlic, cumin and pepper. This vetrilai sadham is good for all ages from kids to adults. Also it is perfect to pack this rice for lunch box. So do try this herbal (medicinal) rice recipe at home and let me know how it turned out.

## **Health Benefits of Betel Leaves**

- Good for digestion.
- Natural palate cleanser and a mouth freshener.
- Strengthen teeth and gums.
- It has got diuretic properties.

*Betal Leaves*

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*Rice*



Preparation Time : 10 Mins    Cooking Time : 15 mins    Serves : 1

## Ingredients For Betal Leaves Rice

### To Grind

- 4 Betal Leaves
- 1/2 Tsp of Cumin
- 1/2 Tsp of Black Pepper

### Other Ingredients

- 1 Cup of Cooked Rice
- 10 Small Onion
- 5 Garlic Cloves
- 1/4 Tsp of Turmeric Powder
- Salt to Taste

### To Temper

- 1 Tsp of Gingelly Oil

- 1 Tsp of Ghee
- 1 Tsp of Mustard seeds
- 1 Tsp of Urad Dal
- 7 Curry Leaves
- Pinch of Hing (Asafoetida)

## **Method for betal leaves rice**

- Wash the betal leaves. Grind betal leaves, pepper and cumin. Keep it aside.
- Heat a pan with oil and ghee, temper it with the ingredients listed under " To Temper " after it sizzles, add onions, garlic cloves and turmeric powder, fry it until it turns golden brown colour. Add ground paste and little water, saute this for 3 mins. Turn off the flame. Add cooked rice and salt, toss well.
- Serve hot with appalam or potato chips.

## **Tips**

- You can also use red chillies while grinding or during tempering for more spicy taste.
- Don't chose mature betal leaves, use tender ones.

Vetrilai Sadham

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**Restaurant Style Kurma /**  
**Kurma Recipe Without**  
**Vegetables**



Restaurant Style kurma / Kurma Recipe Without Vegetables is a popular side dish recipe in Dindugul ( South India) for [appam](#) and [biryani](#). I and my brother are a great fan to this kurma especially with [hot idly](#) for breakfast and we fondly call this as "Bangaru's Kurma ". Because there is a famous hotel called Bangaru biryani restaruant in dindugul where they prepare this kurma for [biryani](#). Also If you run out of vegetable, but still you want to make some side dish for breakfast then try this restaruant style kurma. I got this recipe from my grand ma, she makes this best hotel style kurma recipe for hot [idly](#), [appam](#) and [dosa](#) . If you love the aroma of spices, then you would definitely fall in love with this kurma. This kurma recipe without vegetables is a great side dish for [idly](#), [dosa](#), [appam](#) and [idiyappam](#).

**Preparation Time** : 15 mins

**Cooking Time** : 25 Mins

**Serves** : 3-4 People

# Ingredients for Restaurant Style Kurma

## To Grind

- 2/3 Cup of grated Coconut
- 3 Tbsp of Potukadalai (Fried Gram)
- 1/2 Tsp of Fennel Seeds
- 2 Cloves
- 1 Small Cinnamon
- 1 Cardamom
- 2 Tsp of Ginger Garlic Paste
- 2 Green Chilies
- 5 Cashews
- 1 Tsp of Poppy Seeds (optional)
- Water as needed

## Other Ingredients

- 1/4 Tsp of Fennel Seeds
- 1 Clove
- 1 Small Cinnamon Stick
- 1 Cardamom
- 2 Handful of Small Onions ( 12-15), Sliced
- 5-7 Mint Leaves
- 5 Curry Leaves
- 2 Tbsp of Chopped Coriander Leaves
- 1 Green Chilly (Slit)
- 3 Tomato
- Salt and water as needed

## Method

- In a Mixie, grind all the ingredients listed under " To Grind" to a smooth paste.
- Heat a pan with oil, add fennel, clove, cinnamon,

cardamom, curry leaves, small onion, fry this until it turns golden brown colour. add green chilly, mint, coriander leaves and tomato, sauté this until it turns mushy.

- Add ground paste and salt, sauté this until raw smell vanishes. Add water, let it boil for 10-12 mins until you see bubbles at the top. Turn off the flame and garnish it with curry leaves and coriander leaves.
- Hot, yummy kurma is ready to serve.

## Tips

- Serve it with [appam](#) or [idiyappam](#) or [idly](#) or [dosa](#).
- If you want to add any vegetables, you can add it.
- Adjust number of green chillies according to your taste.
- You can use ground nut in place of fried gram for white kurma.
- If your want your kurma thick add water, simmer it until it gets thick.

