

rare recipes
by
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PHIRNI (Indian Rice Pudding)



Ingredients :

(In order of requirement, during preparation)

<input type="checkbox"/> Rice	5 tablespoons
<input type="checkbox"/> Pistachio Nuts	10 – 15
<input type="checkbox"/> Milk	1 liter
<input type="checkbox"/> Sugar	1 ½ cup
<input type="checkbox"/> Saffron	A pinch (optional)
<input type="checkbox"/> Kewra Water	5 – 6 drops
<input type="checkbox"/> Silver Vark (Very Fine Edible Silver Sheet)	1 (optional)

Method of Preparation :

- Wash and Soak the Rice for 4-5 hours.
- Grind the soaked Rice into a coarse Paste.
- Blanch the Pistachio Nuts in Hot Water, Cool, Remove Skin and Slice.
- Boil Milk in a Pan. Add and Mix Sugar and boil the Milk again.
- Reduce the Heat.
- Add the Rice Paste into the Milk. Stir well; ensure there are no lumps.
- Stir well on low heat, till the Rice and Milk mixture becomes thick.
- Remove from Heat. Add Kewra Water and Mix Well.
- The Phirni Mixture is now ready.
- Pour the mixture into a well washed Earthen Bowl (preferred for better taste) or a Glass Bowl.
- Garnish with Pistachios and Silver Vark (optional)
- Refrigerate for ~2 hours; till the mixture sets and becomes chilled.
- Serve Chilled and Enjoy.

This Dessert tastes best, when consumed immediately upon serving.

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