



PARVEEN'S INDIAN KITCHEN

KULFI LOLLIES



INGREDIENTS

- 1 x 400g tin condensed milk
- 1 tbsp rose water
- ½ tsp ground cardamom
- pinch of saffron, soaked in 1tbsp hot water (optional)
- 285ml double cream
- 30g pistachios, finely chopped
- 100ml tinned mango pulp

TO DECORATE

- 20g nibbed pistachios
- 5g edible rose petals (optional)

MAKES 16

METHOD

1. Whip the cream in a bowl until it holds its shape.
2. In a separate bowl beat the condensed milk, rose water, cardamom and saffron then fold in the cream gently.
3. Divide the mixture in half adding the chopped pistachios to one half and the mango pulp into the other then stir each half individually.
4. Oil the lolly moulds then pour in the mixtures then freeze for 5 hours or overnight to set.
5. To serve - carefully remove the lollies from the moulds then sprinkle the rose water half with the edible rose petals and the pistachio half with the nibbed pistachios - enjoy!

PARVEEN'S TIP 1 - to give your pistachio lollies a crispy coating simply dust the inside of the moulds with chopped pistachios before adding the mixture.

PARVEEN'S TIP 2 - if you don't have any lolly moulds simply use a small airtight container then scoop out like ice cream when ready to serve.

Parveen
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