



COOKING PASSION SINCE 1877

Food Memories Chetna's Ras Malai



Serves 4

INGREDIENTS

For the rasgullas:

1 litre whole **milk**
juice of 2 lemons
1 tbsp cornflour

For the sugar syrup:

250 g granulated sugar
750 ml water

For the malai:

1 litre whole **milk**
A pinch of saffron
1 tsp cardamom powder
5 tbsp – granulated sugar
50 g unsalted shelled **pistachios**,
finely chopped
50 g **almonds**, finely chopped

ALLERGENS HIGHLIGHTED
IN BOLD

PREPARATION

Heat the milk in a pan. Once it starts to boil take it off the heat and add the lemon juice. Give it a good stir and leave it for 5 minutes.

Take a fine sieve and line it with muslin cloth. Now strain the milk through. Gather the cloth with the paneer in it and squeeze the excess liquid. Leave the gathered cloth in the sieve and place a couple of tins on top for some pressure. This will help to get rid of the excess liquid. Leave it for 15 minutes.

Meanwhile in a wide pan heat the sugar and water until the sugar has dissolved. Take it off the heat.

Remove the soft paneer also known as cheena from the cloth. Place it on a clean work surface and sprinkle the cornflour over it. Knead it with the palm of your hand for 10 minutes. It starts off very crumbly but slowly comes together as a very soft dough.

Roll it into a big sausage and cut into into 8 small portions. Roll each in your hands to make a smooth ball.

Once all the balls are ready, bring the sugar water to a boil and slowly put the balls into it. Cover and cook on medium heat for 15 minutes. The rasgulla will double in size and become spongy and soft. Take it off the heat and leave them in the syrup for 10 - 15 minutes to cool slightly.

In another pan heat the milk, add the saffron and cook on low heat for 30 minutes, stirring every 5 minutes. This will thicken up and reduce after which you can add the cardamom powder, pistachios and almonds. Very gently press the rasgullas to get rid of some syrup and place them on the serving plate. Pour the thickened milk on top and let it chill in the fridge for a couple of hours or overnight. Serve chilled.



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CHETNA'S FOOD MEMORY

This Indian pudding is the lightest, fluffiest of sweets. The rasgullas are made of milk and have a fab technique of rolling them, they are then cooked in sugar syrup and later soaked in thickened milk, saffron and cardamom.

This is the one pudding that reminds me of the many family gatherings with lots of cousins, uncles and aunts. My mum didn't make this very often but my aunt had a dairy and she would make this pudding a lot at family gatherings. When I moved to the UK I could not find it anywhere and had to learn how to make it at home. This reminds me of the lovely time we had with our cousins enjoying this dessert together.