

Dairy Delights

BREAD MALAI ROLL

This milk based dessert is a trendy one, as it is the modern version of our very own Shahi Tukra. Consisting of a dense milky shondesh, wrapped in a roll of bread that rests on a bed of thick, saffron-infused milk, this dessert is both decadent and delicious. Not to be consumed regularly, but it is suitable for those special occasions when you cannot resist some guilty pleasure.

Ingredients

For the milk mixture —

- 4 cups whole milk
- ¼ cup condensed milk
- ¼ tsp cardamom powder
- Pinch of saffron

For the filling —

- 1 cup whole milk
- ½ cup powder milk
- 1 tbsp sugar
- 1 tbsp ghee or clarified butter

For assembly and garnishing —

- 8 loaves of white bread
- 2 tbsp chopped almonds, pistachios, and raisins

Method

To make the saffron milk mixture, take 4 cups of whole milk in a pan and set the stove to medium heat. Set aside 1 tablespoon of milk and add a pinch of saffron, and let the flavours infuse. Let the milk heat up and reduce to half the amount, while stirring occasionally — this should take approximately 30 minutes. Pour in the condensed milk, and saffron infused milk, and incorporate well. Then, add in the cardamom powder and stir to combine.



Reduce this mixture further to one cup until it reaches a thick consistency. Once ready, remove from the stove and set aside.

To prepare the sweet filling for the bread, heat the clarified butter on a non-stick pan and add in powder milk and sugar. From the remaining 1 cup of whole milk, gradually add this in small quantities while stirring after each addition. Within 10 minutes, you should be left with a thick mixture that can be shaped with your hands. After cooling this slightly, grease your palms and take small amounts in them to roll this mixture roughly to a size matching the length of the bread.

Finally, for assembling, first prepare the bread. Cut the brown edges from the bread loaves and roll the white part with a rolling pin to get a thin sheet of bread. Place the

pre-rolled sweet mixture at the edge of each bread sheet and roll. In your serving dish, pour in three-quarters of the prepared milk mixture, and place the bread rolls on it. Pour the remaining milk mixture on top and garnish with chopped almonds, pistachios, and raisins. Let this delightful dessert chill in the refrigerator for a couple of hours before serving.

MILK CHEESY BITES

Ever landed in a situation where guests arrive unexpectedly at your house, and you are instantly concerned about what to serve them? While you may order takeaway for the main course, here is a quick and delicious dessert recipe, which comes together in no time.

This sweet and cheesy dessert will crumble in your mouth the moment you take your first bite and you are sure to feel a sensation of crumbly, cheesy, and milky goodness. Extremely easy to put together using regular pantry ingredients, it is also a microwavable recipe! The delectable taste will surely leave your guests in awe, and hounding you for the recipe.

Ingredients

- 2 eggs
- ½ cup sour curd
- 1½ tbsp clarified butter or ghee
- 1½ tbsp vegetable oil
- 1 cup milk powder
- ¼ cup granulated sugar
- ¼ tsp baking powder
- Sprinkles (optional)

Method

Start by greasing a 6" X 6" pan or microwav-

proof container; a microwavable glass container or food-grade plastic container will do. First, beat the eggs with a hand whisk or electrical mixer (this will make it fluffier) until it is pale in color and airy. This should take about 2-5 minutes depending on your choice of utensil. Next, add in sour curd and incorporate well. After that, add oil and melted clarified butter at once. Combine all the wet ingredients properly and make sure it is not an emulsion, rather a homogenous mixture.

Next, add in one by one, the milk powder, sugar, and baking powder. Incorporate well into the mixture to make one smooth paste. After that, pour the prepared mixture into your greased dish. Put it in the microwave for approximately 5 minutes; the time will vary depending on the power of your oven. Take out the container and check once after the first couple of minutes, then decide how much longer it will need. It should be firm on the sides, and jiggy at the center, and parting away from the edges of the container.

Once fully cooked, let it cool for 5 minutes before serving as it will be very hot and cutting through it will not give you the desired shape. Invert the container on your serving dish and let it fall loosely on its own. Lastly, cut it into neat pieces and decorate with your choice of sprinkles to add a pop of colour. That was your easy dessert made in only 10 minutes!

By Fariha Amber

Photo and food: Fariha Amber


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