

Then, to prepare the kulfi base, reserve 1 tablespoon of milk separately from the 4 cups of milk and add in a pinch of saffron into that. Let the saffron flavour infuse with the milk while you heat up the rest of the milk on medium-low heat.

Gradually bring the milk to a steady simmer and pour in the condensed milk. Stir the mixture continuously so that it does not burn or stick to the bottom. Reduce this to half its original amount. Allow it to reduce and thicken until its quantity becomes about 2 cups.

Once in that stage, it should be very thick and this is your kulfi base where you can add flavours and condiments according to your preference. Add in one by one the reserved saffron infused milk, cardamom powder, cinnamon powder, and chopped nuts. Mix this just until combined and remove it from the stove.

After that, pour in the mango puree and mix well until it becomes a uniform mixture. Let this mixture cool for about 5 minutes and then pour it equally into kulfi moulds or paper cups. Cover the moulds with a sheet of aluminium foil and pop in skewers or popsicle sticks. Let it set in the fridge overnight before it is ready to be served.

CHOCOLATE COOKIE POPSICLES

This is yet another unique popsicle recipe, that not only tastes amazing but an equal eye candy. If you are a fan of milk and cookies, then you will love this one! Made with a combination of two basic ingredients, being milk and sandwich cream cookies, you will get a delicious icy and crumbly

relish from each bite. Needless to say, it is a decadent and sinfully indulgent dessert.

Ingredients

8-10 cream sandwich cookies
2 tbsp chocolate syrup or sauce
4 tbsp shaved dark chocolate
1 tbsp sugar
1 cup milk

Method

The preparations needed to make these popsicles are very easy, so you might want to get kids involved. Firstly, begin by preparing the chocolate. Take about 50 grams of hard dark chocolate and cut the bar ever so slightly at the edge, by just shaving through. At the end of this process, you should be left with approximately 4 tablespoons of shaved dark chocolate.

Next, take about 8-10 individual pieces of cream sandwich cookies, either in vanilla or chocolate flavour. Make sure they are hard and crunchy, as opposed to being soggy. Break them up into small chunks, measuring about a quarter of their original size so that you can easily fit them into the popsicle moulds.

After that, in a blender, mix together the milk, sugar, chocolate syrup or sauce and dark chocolate shavings. Blend all these together to attain a thin chocolaty milk mixture. To prepare the popsicles, drop the cookie chunks into the popsicle moulds and fill them entirely, packing them as closely as you possibly can.

Then, pour in the milk mixture up till the top to drench the cookies and fill in the empty spaces and crevices



entirely. Pop the popsicle lids atop and immediately put them in the freezer to set. Now all there is left to do is wait before you can bite into these chocolaty and crumbly popsicles.

PASTEL POPSICLES

Pastel popsicles are distinctive in their attributes. These are layered with the goodness of fruits and seem deliciously appealing. It is also a great means for kids to enjoy fruits and a fun way to ensure their nutrition intake. Making these is a slightly laborious and time-consuming process, but the outcome is worth it, as there is delight to be had in every bite!

Ingredients

2 kiwis
1 orange
2 tbsp rose syrup
¾ cup milk

½ cup raspberries
250ml soda water
1 tsp sugar

Method

To make the layers of these popsicles, start by preparing the kiwi layer. Peel off the skin of 2 kiwis and blitz them in a blender to get kiwi puree. Then, pass this through a fine mesh sieve to get rid of the seeds and any hard particles. The remaining mixture should have a thick consistency. Dilute this with about 3 tablespoons of soda water to retrieve that pastel colour.

To make the raspberry layer, repeat the same process. Blitz the raspberries to get raspberry puree and pass it through a fine mesh sieve. The remaining mixture should be thin and dark, so add 3 tablespoons of soda water and 1 teaspoon of sugar to make it lighter in appearance.

To prepare the rose syrup layer, simply add a couple tablespoons of rosewater to ¾ cup of water and mix well. For the orange layer, squeeze out the juice from 1 large orange to attain about ¾ cup of fresh orange juice. No preparation is needed for the milk layer.

To assemble, pour in little amounts of the prepared mixtures from the five options and leave them to set in the freezer. Once the bottom layers are set for each popsicle, pour in the second layer of your choice and repeat the process until there are three layers. You can mix and match to create your own flavour combinations!

By Fariha Amber

Food and Photo: Fariha Amber

