



Rasmalai – Indian Creamy Dessert

Prep Time: 1 hour. Serves 18-20 people

Ingredients:

- Powdered Milk – 600 grams
- Baking Powder – 1 teaspoon
- Eggs – 2
- Sugar – 2 cups
- Water – 4 cups
- Whole Milk – 40 fluid ounces
- Pistachios – ½ cup sliced
- Rose Water – 2 teaspoons
- Green Cardamom – 8 pods (whole)

Procedure:

- 1) In a pot dissolve the sugar in the water and leave it on simmer
- 2) In a separate pot, bring the whole milk to a boil and then simmer and thicken it a bit. Don't let it burn!
- 3) In a mixing bowl put the eggs and use a fork or a whisk to beat them thoroughly. Add the powdered milk and Baking Powder. Mix thoroughly by hand. Add a little bit of milk if the mixture is too dry.
- 4) Make small balls of the above mixture. It should make around 30 milk balls.

- 5) Place the milk balls in the sugar mixture that is already simmering on the stove. Cover the pot with a lid and let the milk balls cook until they puff up to twice their original size and are cooked all the way through and moist in the center.
- 6) Once the milk balls are ready, add the whole milk to the pot. Also add the pistachios, green cardamoms and the rose water to the pot and simmer covered for several minutes until the flavor of cardamoms is released.
- 7) The dessert is ready! Best served cold but can also be eaten warm.