**Shrikhand Indian dessert**

(by Dharani from Mrs. Lee’s class)

Ingredients:

Indian yogurt: 1.5 kg

Sugar: 750 grams (fine sugar is preferred)

Saffron: Few strands

Milk: 1.5 tbsp

Pistachio: 1/3rd cup

Cashew: 1/2 cup

Almonds: 4-5

Cardamom powder: 1.5 tsp

Process:

1. Take the yogurt and tie it in a muslin cloth and hang it overnight. This will allow all the water from the yogurt to drip and will have a completely dried waterless yogurt. (There might be a little water at the base but that’s fine). This process is called Hung Curd.
2. Another way of getting the hung curd is by placing about 5-6 pieces of paper towel on a regular strainer. See to it that there is no gap or strainer visible after placing the towels. Place the strainer on a big bowl so the water that drips will get collected in the bowl. Then pour the yogurt on the paper towel and cover it with a plate or a larger vessel so that it forms a vacuum. Let it sit overnight.
3. The next morning, start with crushing all the nuts with a mortar and pestle into very small chunks. You might get some fine powder too but that’s fine. Having smaller chunks tastes better while eating.
4. Heat the milk in a microwave for 30 sec. When it’s heated add the saffron strands and let it sit for a while.
5. This is how the yogurt will look like after the water is drained out. (see photo below of Hung Curd)
6. Now take the hung (dried) curd, place it in a bowl and mix it with an electric hand blender for about 4-5 mins.
7. Once the curd is churned add the sugar and churn again for a couple of mins.
8. Once the sugar is mixed add cardamom powder, crushed nuts & saffron soaked milk along with saffron to the churned curd.
9. Mix all the ingredients with a silicon spatula with the fold and cut method until well incorporated. DO NOT use the electric blender at this point.
10. Once done store it in a container and refrigerate it for at least 6 hours.
11. Enjoy the Shrikhand with indian fried bread (puri).

 