

# SHRIKHAND

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*In Maharashtra, festivals and food go together. The Maharashtrians are known for aesthetic presentation of food. In formal meals, the guests sit on floor rugs or red wooden seats and eat from silver or metal thali and bowls, placed on a raised chowrang, a short decorative table.*

*Shrikhand, a sort of thick yogurt sweet dish, is a great favourite at weddings and festivals. Flavoured with cardamom powder and saffron, this aromatic dish is served with piping hot, fluffy puris.*

2 litres milk

12 tablespoons sugar

1 teaspoon cardamom powder

¼ teaspoon nutmeg powder

A pinch of saffron

Almonds and pistachios, chopped, for garnish

1. Boil milk, cool and set to make yogurt (dahi) the previous night.
2. The next morning, hang the dahi in a muslin cloth until all the water drains out.
3. Grind sugar and mix it well in the dahi, taking care not to let lumps form.
4. Add cardamom and nutmeg powder.
5. Add saffron (warmed and powdered)
6. Garnish with chopped almonds and pistachios.

## **Variation:**

To make this dessert fruity and nutritious, add fresh mango pulp during the season. Sugar can be adjusted according to taste. Adding saffron is optional.