

Basundi

Rich and creamy Indian dessert made by simmering milk with sugar, cardamom, and nuts.

A creamy, traditional Basundi

Basundi is a classic Indian dessert that's creamy, mildly sweet, and flavored with cardamom and saffron. Garnished with nuts, it's perfect for festivals or special occasions.

Category: Indian Sweet | Milk-Based | Serves 4

Prep Time: 10 minutes

Cook Time: 40 minutes

Difficulty: Medium

Tags: Festive, Sweet, Creamy

Ingredients

- 1 liter full-fat milk
 - 1/4 cup sugar (adjust to taste)
 - 4-5 green cardamom pods, crushed
 - A pinch of saffron strands (optional)
 - 2 tbsp chopped almonds and pistachios
 - 1 tsp rose water (optional)
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Types of Basundi

- **Plain Basundi:** Traditional milk thickened with sugar and cardamom.
 - **Angoori Basundi:** Small milk dumplings (rasgulla-like) added to thickened milk.
 - **Kesar Basundi:** Flavored with saffron for a rich aroma and golden color.
 - **Badam/Pista Basundi:** Garnished with almonds and pistachios, often blended into the milk.
 - **Malai Basundi:** Extra creamy version made by adding fresh cream or condensed milk.
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Method

1. **Boil milk:** Pour milk into a heavy-bottomed pan and bring it to a gentle boil over medium heat. Stir frequently to prevent sticking.
 2. **Simmer & reduce:** Lower the heat and simmer, stirring occasionally, until the milk reduces to half its original volume (approx. 30–35 minutes).
 3. **Add sugar & flavors:** Add sugar, crushed cardamom, and saffron. Continue to simmer for 5–10 minutes until slightly thickened.
 4. **Garnish:** Stir in chopped nuts and rose water (if using). Let it cool slightly before serving.
 5. **Serve:** Basundi can be served warm or chilled in small bowls. Garnish with extra nuts or a few saffron strands.
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Tips & Variations

- For richer flavor, use condensed milk along with regular milk.
- Adjust sugar according to personal preference.
- Add a few drops of cardamom or nutmeg essence for aroma.