

Ras Malai Recipe

Servings: 6

Preparation time: 30 minutes

Cooking time: 45 minutes

Difficulty: Moderate

Ingredients:

For the Ras (Syrup):

- 1 litre full-fat milk
- 1/2 cup sugar
- 1/4 tsp cardamom powder
- Few saffron strands
- 10-12 chopped pistachios and almonds

For the Malai (Cottage Cheese Balls):

- 1 litre full-fat milk
- 2 tbsp lemon juice or vinegar
- 3 cups water
- 1 cup sugar

Instructions:

1. Boil 1 litre milk for the malai. Once it boils, add lemon juice to curdle it.
2. Strain using a muslin cloth and rinse with cold water. Squeeze gently and hang for 30 minutes to drain excess water.
3. Knead the chenna (paneer) until smooth and soft, then make small flat balls.
4. Boil 3 cups water with 1 cup sugar and gently drop the balls in it. Cover and cook for 10–12 minutes until they double in size.
5. In another pan, boil 1 litre milk for the ras. Add sugar, saffron, cardamom, and nuts. Simmer until slightly thickened.
6. Gently squeeze the cooked malai balls and add them to the thickened milk syrup.
7. Let cool completely, then refrigerate for 3–4 hours before serving.

Tip: Ras Malai tastes best when chilled and garnished with extra saffron and nuts.