



## Almond Sheera (WG)

Serving: 1

Veg

### *Ingredients*

- $\frac{1}{2}$  cup almonds (badam)
- $\frac{1}{2}$  cup milk
- 1 tbsp ghee
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  tsp cardamom (elaichi) powder
- a few saffron (kesar) strands dissolved in 1 tsp warm water

### *Preparation Method*

- To blanch the almonds, soak them in enough hot water in a bowl for at least 8 to 10 minutes.
- Drain and refresh using some cold water and peel them.
- Add  $\frac{1}{4}$  cup of milk and blend in a mixer to a smooth paste.
- Heat the ghee in a broad non-stick pan, add the almond paste, mix well and cook over a medium flame for 4 to 5 minutes or till it turns light pink in colour, while stirring continuously
- Add the remaining  $\frac{1}{2}$  cup of milk and little of water, mix well and simmer for 3 to 4 minutes, while stirring continuously
- Add the sugar, cardamom powder and saffron mixture and cook on a medium flame for 6 to 7 minutes or till the sugar dissolves and the ghee separates, while stirring continuously. Keep aside to cool slightly.
- Garnish with almond slivers and serve lukewarm or refrigerate and serve chilled