

SHRIKHAND

Ingredients

For the Shrikhand

- 1½ cups thick greek yogurt
- 1 pinch saffron strands
- ¼ to ½ tsp green cardamom powder
(3 to 4 cardamom pods)
- ¼ cup sugar - powdered (use as needed)
- 2 tbsps almonds, chopped
- 1 tbsps pistachios, chopped (optional)

Method

For the Yoghurt

1. Place a colander or strainer over a large tall bowl to collect the whey. Spread a clean muslin or cheese cloth over the strainer.
2. Add curd to the cloth. Bring all the edges together. Squeeze out the excess whey from the curd.
3. Wrap the curd in the cloth and tie it with one of the edges to make a knot.
4. Place the bundle of yogurt over the strainer/ colander with the tall bowl beneath. Place an heavy object over the yogurt so all of the whey drains to the bowl beneath. Ensure the colander does not touch the drained whey in the bowl.
5. Transfer this to the refrigerator. leave it in the fridge 15 to 18 hours.

For the Shrikhand

1. Drained super thick hung curd or chakka will be ready after the whey has been drained completely.
2. Soak saffron in 1 tbsp hot water or hot milk.
3. Powder the sugar and set aside. If you do not have cardamom powder, add the cardamom pods to the grinder along with sugar and grind to a fine powder.
4. Remove strained yogurt/ chakka from the cloth and transfer to a mixing bowl. Most of the whey would have been drained. Save this for later use, you can use it to make roti dough, bread dough or pancake batter.
5. Add saffron infused milk, powdered sugar and cardamom powder.
6. Whisk it well with a metal whisk until really smooth.
7. Serve shrikhand with puri or chill and enjoy as a dessert.
8. Garnish shrikhand with chopped nuts.

THE COOKERY

by The Secret Jozi Chef