



Mridula Recipe Card

Saffron-scented yogurt dessert (Shrikhand)

Serves 4-5

The famous 'Shrikand' is Maharashtra's signature dish. You will need a large quantity of yogurt as it has to be strained so that you remove all the water content. Traditionally it is served with 'puri' which is a deep-fried puffed bread but I like to serve fresh seasonal fruits.

Method

Pour the yogurt onto a clean muslin cloth; bring together the four corners of the cloth and tie up into a knot. Hang the muslin over the sink or in a sieve over a bowl until all the water content has been removed. This takes up to 6 hours; so you can safely leave it overnight. Soak the pounded saffron in the hot milk for 10 minutes.

Next, untie the muslin cloth and empty the strained yogurt into a mixing bowl, then beat it until smooth. Add the sugar, cardamom and saffron milk along with all the strands. Mix well and chill for at least two hours. Serve topped with fresh fruit of your choice.

Ingredients

- 3 x 425g cartons of whole milk plain yogurt
- Pinch of saffron threads, pounded
- 1 tbsp hot milk
- 75g caster sugar
- ½ tsp ground cardamom
- To serve: fresh fruits such as mango, strawberries, kiwi and pomegranate seeds