

Milk Based Indian Desserts And Sweets



Milk Foods

- Indian food items is seen with more milk products with different varieties.
- Milk is one such food which is enriched with calcium and fat. This strengthen the muscle, teeth, bones, etc....
- In Indian food recipes, milk plays a major role and there are different verities of dishes being produced by milk, especially sweets.
- The below slides shows some of the top milk sweets and desserts.

Rabri

- The main ingredient of this dish is curd(yogurt) and millets.
- The preparation method slightly varies depending on the region and the individual taste.
- This sweet variety is slightly creamy in texture and they are garnished with nuts and almonds which gives ultimate taste.
- Rabri preparation method - <http://atozfoodrecipes.com/rabri.html>



Kheer

- This is otherwise known as payasam which is of many varieties being milk as the main ingredient. Dhal is also sometimes replaced with milk.
- With the milk, rice is added and stirred and boiled till the texture is reached.
- Vermicelli, wheat, tapioca can also be added separately along the milk.
- Check out one of the variety of kheer - <http://atozfoodrecipes.com/kesar-kheer.html>



Peda

- This is the sweat variety which is formed from milk product khoa, which is prepared from stirring or boiling the milk to several hours and reducing to the solid based texture.
- This peda is prepared and served in different color which depicts the flavor of the peda.
- They are served mostly in yellow and green color.
- The preparation of peda - <http://atozfoodrecipes.com/malai-peda.html>



Kulfi

- This is one of the ice cream varieties which is done purely with the milk and sugar.
- The milk is stirred by slow cooking until the half portion get evaporated and boiled with sugar.
- The kulfi is prepared by adding many flavors like rose, mango, cardamom, etc...
- Multi colored kulfi is also made by pouring the semi-condensed and flavored milk into the kulfi mould.
- Kulfi recipe - <http://atozfoodrecipes.com/kesar-pista-kulfi.html>



Ras Malai


- This is the Bengali dessert prepared using chhena, cream and sugar.
- Initially the white colored cream with rich sugar is prepared.
- With chhena, the yellow colored ball is shaped and soaked into the white cream. Altogether they provide ultimate taste.
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- Kesar rasmalai - <http://atozfoodrecipes.com/kesar-rasmalai.html>



Shirkhand

- This is the Gujarati dish which is prepared from the yogurt.
- The yogurt is placed in the thick cotton cloth and left for certain duration to filter the water.
- They are then mixed with sugar, garnished with nuts and cardamom and served as a dessert.
- Shirkhand recipe - <http://atozfoodrecipes.com/shrikhand.html>



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- A background image showing a splash of white milk against a bright blue sky. The milk is captured in mid-air, creating a dynamic, starburst-like pattern of droplets and splashes. The overall scene is clean and fresh, suggesting dairy products.
- These are some of the top most milk sweets and deserts served in the Indian cuisine.
 - Along with the rich flavor and sweet, they provide equivalent health benefit.
 - A to Z food recipes (<http://atozfoodrecipes.com>) is the blog which shows list of Indian vegetarian foods with the precise ingredients and preparation methods.

Thank You

