

Indian Kulfi Ice Cream

*Justine Kmiecik - Crestview, FL
Taste of Home - June/July 2020*

Servings: 6

*1 can (14 ounce)
sweetened condensed milk
1 cup whole milk
1 cup heavy whipping
cream
1/4 cup nonfat dry milk
powder
1/2 teaspoon ground
cardamom
1/4 teaspoon sea salt
1 pinch saffron threads OR
1/4 teaspoon ground
turmeric (optional)
1/4 cup chopped cashews,
toasted
1/4 cup chopped shelled
pistachios
1/4 teaspoon almond
extract*

In a heavy saucepan, whisk the condensed milk, whole milk, cream, milk powder, cardamom, sea salt and, if desired, saffron until blended. Cook over low heat until the mixture thickens slightly, about 15 minutes, stirring constantly. Do not allow to boil. Remove from the heat. Strain through a fine-mesh strainer into a small bowl. Cool.

Stir in the cashews, pistachios and almond extract. Transfer to four four-ounce ramekins.

Cover and freeze for eight hours or overnight.

If desired, serve with additional nuts.

Per Serving (excluding unknown items): 336 Calories; 21g Fat (53.9% calories from fat); 7g Protein; 32g Carbohydrate; trace Dietary Fiber; 78mg Cholesterol; 194mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Non-Fat Milk; 4 Fat; 2 Other Carbohydrates.