

Badam Phirni (Rice Pudding)

Phirni is traditional delicacy, which is a perfect blend of almonds cooked with ground rice, sugar and milk. What makes it even more delicious is the addition of crushed almond paste, which amps up the nutrition factor of this sweet delight. Badam Phirni is an indulgent dessert recipe, which is usually prepared on festivals and special occasions such as Eid, Diwali, Holi etc. Badam phirni is also a healthy kids' recipe and should be given to the little ones at least once a week.



Ingredients of Badam Phirni – 2 servings

- 250 gm crushed to paste almonds
- 50 ml milk
- 1 dash powdered cardamom- black
- 100 gm crushed to paste, soaked basmati rice
- 400 gm condensed milk
- 5 strand soaked saffron

Step 1

In a large bowl, boil milk and add almond paste and rice paste to it.

Step 2

Cook till milk becomes thick (approx 20 minutes) on low flame.

Step 3

Now, add milkmaid and cook till thick.

Step 4

Add cardamom powder and saffron, mix well and take it off flame.

Step 5

Take it out in a serving dish or individual bowls and chill in refrigerator for 2 hrs.

Step 6

Coat the badam phirni with almond slices and serve.