

# Mango Phirni

## (Mango Saffron Pudding)

Difficulty: Advanced | Prep Time: 1.5 hr | Serves: 6  
Recipe and Photo Courtesy of Saira Paulose, Draeger's  
Cooking School

- Whole Milk - 3 cups, divided use
- Heavy Whipping Cream – 1 cup
- Saffron - 1/8 tsp
- Basmati Rice – 3 Tbsp
- Raw Cashew nuts – 2 Tbsp
- Slivered Almonds – 2 Tbsp
- Alfonso Mango Pulp - 1/2 cup
- Condensed Milk – ½ cup



- Vanilla Extract – ½ tsp
- Kosher Salt – ¼ tsp

### Preparation:

Soak rice and both nuts in a cup of water for 30 minutes. After 30 minutes drain it and grind the rice/nut mixture with 1 cup of milk in a powerful blender until a very smooth paste is formed. Strain this mixture in a fine mesh strainer and keep it aside.

### Instructions:

In a wide non-stick skillet heat the remaining milk and cream and bring to a boil. Reduce heat and simmer for about 10 minutes stirring occasionally until the mixture thickens a bit. Add the saffron strands to this mixture and let it bloom for a minute or so. Then add the ground rice/nut paste and cook on low heat stirring frequently until the mixture coats the back of a spoon. Add the condensed milk, mango pulp, salt and cook for another few minutes until the mixture thickens up a bit more. Turn off heat and add the vanilla extract. Strain this mixture through a fine mesh strainer in order to get a smooth pudding. Pour the pudding into 6 serving dishes (4 oz size) and refrigerate it overnight. Before serving leave it out at room temperature for 10 minutes and then serve garnished with sweetened whipped cream.