



Recipe from: [My Catholic Tradition](#)

Kulfi

SERVES FOUR

6 1/4 cups full-fat (whole) milk
3 cardamom pods
2 tbsp caster (superfine) sugar
1/2 cup pistachio nuts, skinned

Pour the milk into a large, heavy pan.
Bring to the boil and then reduce the heat.
Simmer gently for 1 hour, stirring occasionally.

Put the cardamom pods in a mortar and crush them with a pestle.
Add the pods and the seeds to the milk.
Continue to simmer, stirring frequently, for 1—1 1/2 hours, or until the milk has reduced to about 2 cups.
Strain the milk into a jug (pitcher).
Stir in the sugar and leave to cool.

Grind half the pistachios in a blender or nut grinder.
Cut the remaining pistachios into thin slivers and set them aside for decoration.
Stir the ground nuts into the milk mixture.
Pour the milk and pistachio mixture into four kulfi or lolly (popsicle) moulds.
Freeze the mixture overnight or until firm.
To un-mold the kulfi, half fill a plastic container or bowl with very hot water.
Stand the molds in the water and count to ten.
Immediately lift out the molds and invert them on a baking sheet.
Transfer the ice creams to individual plates.
Sprinkle sliced pistachios over the top.