Indian Ice Cream with Pistachios: Pista Kulfi

Recipe courtesy Neelam Batra, 1000 Indian Recipes, Wiley Publishing Inc, 2002

Ingredients:	Serves 4 - 6	Serves 50
Whole milk	1.25 l	12.5 l
Sugar or to taste	¼ cup (or to taste)	2 ½ cups (or to taste)
Ground green cardamom seeds	½ tsp	5 tsp
Pistachios	¼ cup	1 ¼ cups
Green food colouring (optional)	1 – 2 drops	5 – 10 drops
Blanched pistachios, coarsely chopped	¼ cup	1 ¼ cups

Method

1. Place the milk in large, heavy wok or skillet and bring to the boil on high heat. Boil while stirring for 2 to 3 minutes.
2. Reduce heat to medium / low and simmer, stirring and scraping the bottom and sides often until milk is reduced by at least ¾ (about 45 minutes). Leaves approximately 2 cups of condensed milk which will have a few lumps.
3. Mix in the sugar, cardamom, ground pistachios and food colouring if using and cook, stirring, until the sugar melts and thins down the pudding and then the pudding thickens again (5 – 7 minutes).
4. Transfer to traditional Kulfi moulds or disposable 160ml plastic souffle cups.
5. Cover and freeze for at least 4 hours until completely frozen.
6. To serve, dip each mould in hot water for approximately 10 secs, run a knife around the inside of the mould and transfer to serving bowl / plate. Garnish with chopped blanched pistachios