

Navaratri Special Recipe

Rice Kheer

Rice Kheer is a summers' treat.

Preparing this Kheer is not difficult at all. It's a fairly simple dessert, and loved by everyone in general.

There are two methods of using rice for the Kheer. Roast it in ghee before mixing with milk, or simply soak it for some time and then use it for kheer. Both the versions taste good, a bit different in texture that's all.

The choice of nut is varied. Pistachios, almonds and raisins work best for this type of Kheer. Some may use walnuts and cashews as well.

The recipe we are looking at is a North Indian speciality and is known as **Chawal Ki Kheer** in local language.

Course: Dessert
Cuisine: North Indian

Ingredients:

- 1 cup rice - Rinsed well and soaked for 15 minutes
- 5 cups Coconut Milk
- ½ cup water
- 1 cup fresh double cream
- 1 ½ cups sugar (Adjust according to your taste)
- 1 tbsp Rose Essence / Rose Water
- ½ tbsp cardamom powder
- ¼ cup almonds, blended into a coarse powder or simply pounded roughly
- Handful of pistachios
- 2 tbsp Raisins

- 5-6 cashews
- 2 tbsp Ghee
- 3-4 strands of saffron

Instructions:

- Rinse the soaked rice once, drain and keep aside.
- Heat Ghee in a big pan, add in rice and roast on a low-medium flame for 2-3 minutes. Keep stirring to avoid getting stuck at the bottom. Rice turns almost translucent.
- Now add water, mix well and get it to a boil. Turn the flame to the lowest, and start pouring in milk gently little by little stirring continuously. Cover the pan with a lid and let it cook on low-medium flame for 10-12 minutes. You have to check it a few times in between, and stir.
- Take the lid off now and add cream, mix well. Then simmer it for next 30-35 minutes stirring frequently in between. Scrap any layers depositing at the sides of the pan and keep mixing them to the simmering kheer.
- After this, you will notice that the rice is all broken and a bit mashed up. That's the point to add sugar, almond powder, raisins and mix everything well. The kheer should be almost $\frac{3}{4}$ of its initial quantity
- Simmer for next 7-8 minutes. Finally add cardamom powder, saffron strands and rose water, mix once and turn off.
- Garnish with chopped pistachios and cashews before serving hot or chilled.
- This can be stored in fridge for up to 48 hours. At room temperature, it stays good for 7-8 hours

Coconut milk is added to get the best flavours.

Rice Keer is usually prepared for evening snacks and also for pooja or festivals like Navaratri & Durga Puja.

Happy Celebrations !!!