



Dessert by: **Gayle D'Souza**

Dessert Recipe: **Very Vegan Kulfi**

### **Ingredients**

*For the Saffron Cake:*

Oil

185 ml coconut milk

½ Tbsp vinegar

1 Tbsp hot water

½ tsp saffron

55 ml oil

100 g caster sugar

150 g white flour (maida)

1 tsp baking powder

¼ tsp baking soda

Pinch salt

*For the Kulfi:*

140 g cashew nuts

3 cups hot water

1 Tbsp rose water

3 cardamom pods (outer cover removed and seeds pounded)

120 g sugar

Dash salt

40 g almonds (chopped)

*For the Hard Caramel:*

100 g sugar

30 ml water

*Other Ingredients:*

Roasted pistachios (chopped)

Strawberries (fanned)

## **Instructions**

*For the Saffron Cake:*

- Preheat the oven to 175 degrees Celsius. Grease an 8-inch-square tin with oil.
- Mix the coconut milk and vinegar in a bowl and set aside.
- In a cup, add the hot water and the saffron, cover with a lid and leave to infuse for 5 minutes.
- Add the saffron mix, oil and sugar to the coconut vinegar mixture. Beat with a hand whisk till the sugar dissolves.
- Add the flour, baking powder, baking soda and salt to the wet ingredients.
- Stir till everything is well mixed. Pour into the greased tin and bake for 15 minutes or till a skewer inserted into the cake comes out clean.

*For the Kulfi:*

- In a bowl, soak cashew nuts in hot water for 30 minutes, till soft.
- Process the cashews with half a cup of the soaking water in a food processor, till a smooth paste forms.
- Mix this paste with the rest of the soaking water and stir. It will be the consistency of milk.
- In a large sauce pan, add the cashew milk, rose water, crushed cardamom seeds, sugar and salt.
- Put the pan over medium heat. Stirring continuously, allow to come to a simmer, add the almonds and remove from the heat.
- Let cool at room temperature before pouring into an 18-cm-by-10-cm-by-5-cm tin or other bowl.
- Freeze the mixture for 2 hours. Use a fork to stir and breakdown the crystals. Return to the freezer. Repeat every hour for a total of 5 times.
- Let set overnight.

*For the Hard Caramel:*

- Add the sugar and water to a sauce pan over medium heat.
- Stir till the sugar dissolves.
- Tilt the pan for even caramelisation.
- Once the sugar turns amber, pour it onto a steel plate and, wearing gloves, tilt the plate to form a thin layer of caramel. Work quickly, as the caramel hardens almost immediately.
- Let set at room temperature before breaking into pieces.

*To Assemble:*

- Cut a 9-cm-by-3.5-cm piece of cake and place it on a plate.
- Cut a 9-cm-by-3.5-cm piece of kulfi and place it on the cake.

- Place a piece of hard caramel on top of the kulfi.
- Place a fanned-out strawberry on top and sprinkle with pistachios.

Recipe Source: **Original**