



## Pistachio and Saffron Kulfi

**SERVES 8**

When I was in Sri Lanka, I stayed in a guesthouse in the middle of a forest of palm trees and curry trees. It was hot during the day, and the cook made kulfi, a frozen dessert similar to ice cream. It was so refreshing and made the heat much more bearable. At home I make this version of kulfi with toasted pistachios and saffron. If you don't have saffron you can use lemon or orange zest. It's a great dessert to make for a crowd, and much easier than traditional ice cream.

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### INGREDIENTS

1 1/2 cups evaporated milk

5 ounces pistachios, toasted and ground finely

1 1/2 cups heavy cream

pinch of saffron

1/3 cup brown sugar

2 tablespoon chopped toasted pistachios, to garnish

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### PROCESS:

Put the evaporated milk, cream, and sugar into a saucepan and heat to a simmer, stirring often. Simmer for about five minutes and add ground pistachios and saffron. Turn off heat and stir for a minute. Pour mixture into a bowl and let cool, then put into refrigerator. When cold, pour into molds or cups that can be frozen. Cover with plastic wrap and freeze for 2 or 3 hours.

To remove from molds, dip molds in hot water for a second, turn upside down over a plate. Serve with a sprinkling of chopped pistachios.