

Dev's Recipe Book

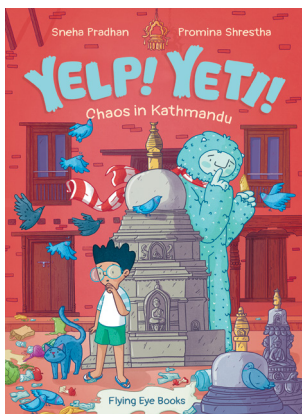
Includes recipes from Sneha's own family cookbook:

Mamu's Refreshing Chilled Lassi

Mamu's Yummy Kulfi

Maa's easy jammy ice pops

Creamy Juju Dhau: The King of Yogurts



YELP! YETI!!
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Mamu's Refreshing Chilled Lassi

(This is Sneha's mother's recipe!)

Lassi: lah-see = sweet yoghurt shake

Servings: 2

Ingredients:

- 1 ripe mango or 2 ripe bananas
- 1/2 cup sweet yogurt
- 2 tsp sugar (Adjust according to taste/preference)
- 1 whole cup of milk (cold)
- 1/2 cup of water
- 2 ice cubes
- Seeds of 1 cardamom
- Pinch of cinnamon powder
- Chopped nuts (pistachios, cashews, and almonds for garnish)

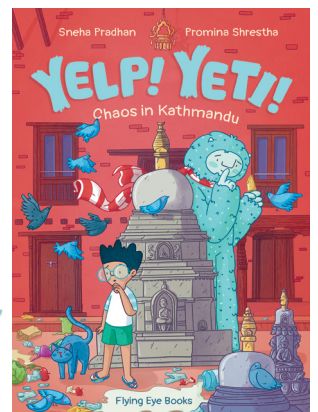
Method:

1. Add mango chunks or broken-down bananas to a blender. Also add yogurt, milk, water, cardamom seeds, and sugar, and blend until smooth.
2. Pour into two tall glasses.
3. Garnish with a pinch of cinnamon and chopped nuts.

Enjoy your delicious homemade lassi!



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Mamu's Yummy Kulfi

(This is also Sneha's mother's recipe!)

Kulfi: kuul-fee = a frozen dairy popsicle

Servings: Depends on the popsicle mould

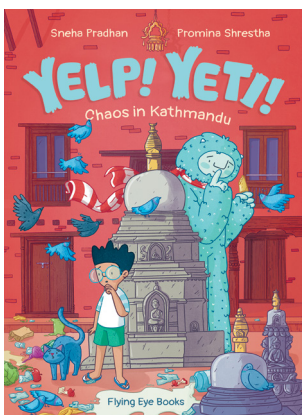
Ingredients:

- 2 cups of whole milk
- 1 tbsp powdered milk (optional but recommended)
- 1 heaped tbsp sugar (Adjust according to taste/preference)
- A pinch of cardamom powder
- 1 tsp finely chopped pistachios

Method:

1. Put whole milk and powdered milk in a saucepan and mix.
2. Bring to a boil on low-medium heat. Let it simmer until the milk is slightly reduced. Keep stirring throughout the process, about 15 minutes.
3. Add sugar and cardamom and stir. Let the mixture simmer some more until the milk is reduced to half, about 10-12 minutes more..
4. Remove from the heat and mix in $\frac{1}{2}$ the chopped pistachios.
5. Let it cool for 10 minutes, then blend until smooth.
6. Sprinkle the remaining pistachios into the bottom of the popsicle mould and pour in the milk mixture. Let it freeze for 8-10 hours or overnight.
7. Remove from the popsicle mould and enjoy your delicious kulfi!

Tip: Run the popsicle mould under warm water for a few seconds and slowly tug the stick to remove the kulfi from the mould easily.



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Maa's easy jammy ice pops

(This is Sneha's grandmother's recipe!)

Two ingredients, three steps!

Servings: Depends on the popsicle mould

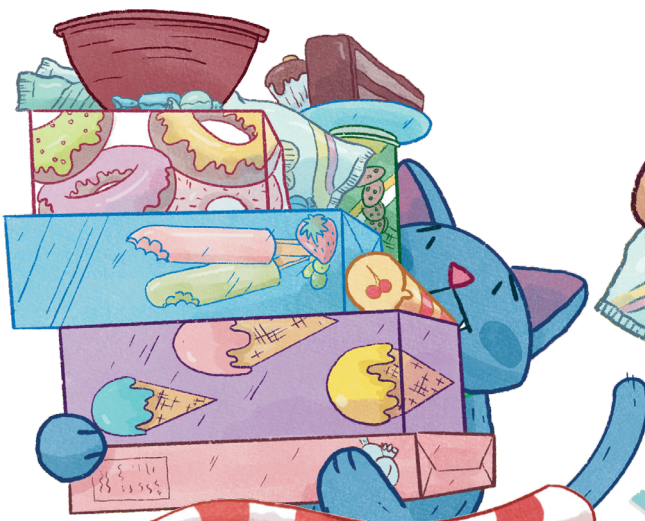
Ingredients:

- 1 cup of whole milk
- 2 heaped tbsp jam of choice (Mixed berries is my personal favourite!)

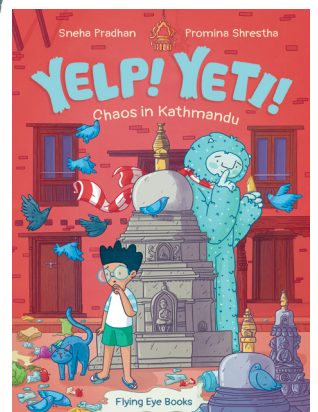
Method:

1. Blend milk and jam in a blender.
2. Pour into a popsicle mould and freeze for 8-10 hours or overnight.
3. Remove from the popsicle mould and enjoy your yummy ice pops!
4. Note: You can substitute $\frac{1}{2}$ cup whole milk with $\frac{1}{2}$ cup Greek yoghurt for a creamier texture.

Tip: Run the popsicle mould under warm water for a few seconds and slowly tug the stick to remove the popsicle from the mould easily.



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Creamy Juju Dhau: The King of Yogurts

Juju dhau: joo-joo dh-ow = a delicious, creamy, sweetened Newari yoghurt

Ingredients:

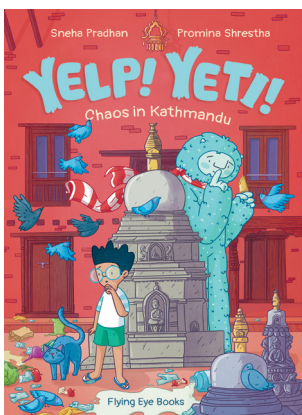
- 1 litre of whole milk
- 1 tbsp plain yoghurt (room temperature)
- ½ cup sugar (Adjust according to taste/preference)
- 1 tsp cardamom powder or 2 cardamom pods (Optional)

Method:

1. Use ghee or butter to grease a thick-bottomed pan.
2. Boil milk in the pan, keep stirring, and let it simmer until it is reduced to half.
3. Add sugar and cardamom, stir, and let it simmer for a couple more minutes.
4. Saving about half a cup, pour the milk into a container*. Use a ladle or cup and pour from above so frothy bubbles are formed.
5. Let it cool for about 20 minutes.
6. Mix yoghurt with the saved milk, then pour the mixture into our container.
7. Cover the container and let it rest in a warm place for 8 hours or overnight.
8. Once our Juju Dhau is set, place it in the fridge for at least four hours to set it further.
9. Our deliciously creamy Juju Dhau is ready to enjoy!

*Note: For better results, use a natural clay pot to set the Juju Dhau as the pot absorbs excess water. In the absence of a clay pot, a plastic or steel container, or a deep ceramic bowl will also work.

Tip: Wrap the container with warm towels, blankets, or place it in a warm oven. You can also use a hot case to set the Juju Dhau.



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