

Almond Sheera for Kids

Written by Tara Datta

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Ingredients

- 1 cup almonds (badam)
- 1 cup milk
- 1 tbsp ghee
- 1/2 cup sugar
- 1/2 tsp cardamom (elaichi) powder
- a few saffron (kesar) strands dissolved in 1 tsp warm water

For The Garnish

- 2 tbsp almond (badam) slivers

Method

To blanch the almonds, soak them in enough hot water in a bowl for at least 8 to 10 minutes.

Drain and refresh using some cold water and peel them.

Add 1/2 cup of milk and blend in a mixer to a smooth paste.

Heat the ghee in a broad non-stick pan, add the almond paste, mix well and cook over a medium flame for 4 to 5 minutes or till it turns light pink in colour, while stirring continuously

Add the remaining 1/2 cup of milk and 1/4 cup of water, mix well and simmer for 3 to 4 minutes, while stirring continuously

Add the sugar, cardamom powder and saffron mixture and cook on a medium flame for 6 to 7 minutes or till the sugar dissolves and the ghee separates, while stirring continuously. Keep aside to cool slightly.

Garnish with almond slivers and serve lukewarm or refrigerate and serve chilled.

Handy tip :

This sheera stays fresh for 10 to 15 days when refrigerated. However ensure to reheat it before serving and serve lukewarm.

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Written by Tarla Dalal;

- See more at:

[https://www.tarladalal.com/almond-sheera-\(kids-recipe\)-video-of-tarla-dalal-623v#sthash.BN9y5d7a.dpuf](https://www.tarladalal.com/almond-sheera-(kids-recipe)-video-of-tarla-dalal-623v#sthash.BN9y5d7a.dpuf)

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2. Drain and refresh using some cold water and peel them.



3. Add 1/2 cup of milk and blend in a mixer to a smooth paste.



4. Heat the ghee in a broad non-stick pan, add the almond paste, mix well and cook over a medium flame for 4 to 5 minutes or till it turns light pink in colour, while stirring continuously



5. Add the remaining 1/2 cup of milk and 1/4 cup of water, mix well and simmer for 3 to 4 minutes, while stirring continuously

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6. Add the sugar, cardamom powder and saffron mixture and cook on a medium flame for 6 to 7 minutes or till the sugar dissolves and the ghee separates, while stirring continuously. Keep aside to cool slightly.



7. Garnish with almond slivers and serve lukewarm or refrigerate and serve chilled.

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3. Add 1/2 cup of milk and blend in a mixer to a smooth paste.



4. Heat a broad dutes stick pan, add the almond paste, while stirring and cook

5. Add 1/4 cup of milk and 1/4 cup of water, mix well and simmer for 3 to 4

6. Add the cardamom powder and saffron separately, while stirring continuously.

7. Garnish with almond slices and serve lukewarm or refrigerate and serve chilled.