

Dalia Kheer

Written by Friends' Contribution

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Ingredients

	Quantity:	Measure:	Ingredients:	
	1	Tablespoon	Ghee	Heat
1	Teacup	Lapsi (Broken wheat, Bulgur)	Fry	
1	Pinch	Salt	for taste	
3	Tablespoon	Jaggery		
1/2	Teaspoon	Cardamom Powder	for flavor	
	As Required	Milk		

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### Method

Heat ghee or oil in a pressure cooker or pressure pan. Fry the lapsi, (broken wheat, or dalia). Add a pinch of salt, jaggery cardamom powder and water. Pressure cook for not more than four minutes.

After some time, open the pressure cooker, and add as much milk as you may require to form kheer.

Simmer for a little while.