

Indian Milk Dessert: Coconut 'Barfi'

Ingredients

- 250g desiccated coconut
- 3 Tbsp Ghee
- 1 tin condensed milk
- 250ml full cream milk
- 125g milk powder
- ½ cup ricotta
- 1 tsp rose extract
- ½ tsp cardamom powder
- ½ cup spiced pepitas (see recipe)
- 2 tsp Flower petals

Method

1. In a heavy bottomed pan, add ghee and coconut
2. Gently roast the coconut on low heat without browning the coconut
3. Add the milk powder to coconut and pour the milk into the pan and continue to stir,
4. Add condensed milk and mix well
5. Keep cooking this mixture on medium to low heat until it forms a mass and starts leaving the sides of the pan
6. Add the rose extract and mix well
7. Prepare a greased tray. Pour the coconut mixture into the tray and pack tightly. Smooth the top of the barfi with a spatula
8. Allow to cool
9. Once cooled and set, take the barfi out of the pan and cut into squares
10. Decorate with spiced pepitas and flower petals