



Yield: Serves 4-6

Seb Rabdi

Indian Apple Pudding

Ingredients:

- 2 Large Table/Dessert Apples (**Seb**) - i.e.: Red Delicious, Fuji, Ginger Gold, Gala, etc.
- 4 Cups Whole Milk (**Doodh**)
- 4 Tbs Jaggery (Gur) - grated fine; can substitute granulated sugar (**Chini**)
- 1 pinch Kosher Salt (**Namak**)
- ½ tsp Green Cardamom Powder (**Choti Elaichi**)

-OPTIONAL-

- 2 tsp - 1 Tbs Vanilla Powder - amount to taste
- 1 pinch Saffron Threads (**Kesar**)

-OPTIONAL GARNISH-

- 1 tsp Cinnamon Powder (**Dalchini**)
- Sliced OR Slivered Almonds (**Badam**)
- Roasted, Unsalted Cashew pieces (**Kaju**)
- Crushed OR Chopped Pistachios (**Pista**)
- Golden Raisins (**Kishmish**)

Preparation:

- 1) Place a large, heavy bottomed pan over medium heat – Add milk and bring to a boil, stirring frequently to ensure that milk does not scorch or burn (BE PREPARED, Milk will foam up when it reaches the boil - Remove from heat and stir in the foam before returning to heat)
- 2) Add sugar to boiled milk and continue to cook (stirring frequently) until the milk is reduced by half (Remove the pan from the heat every time that it foams up and stir in the foam before returning to heat)
- 3) **IF USING:** Add saffron and/or vanilla powder and thoroughly combine
- 4) Peel and core apples - Using a hand grater or food processor, grate apples (You want to prep the apples as near to adding them as possible to keep them from browning)
- 5) Add grated apples to reduced milk and return to the boil - As soon as boil is reached, immediately remove from heat
- 6) Stir in the cardamom powder and transfer to a serving dish and garnish as desired
- 7) Serve hot -OR- allow to cool to room temperature, cover with plastic wrap directly on the surface of the pudding and chill in refrigerator for a minimum 1 hour and serve cold