



Burfi

Saffron and vanilla bean

A creamy, fudge-like sweetmeat eaten all over India particularly on special occasions like the 'Festival of Light' - Diwali and family poojas. They're a real treat. I like to eat burfi whenever I can! They remind me of Dad's return home from trips away, opening up the cardboard boxes and diving into the sticky, sweet delights. This version is really quick and easy to make, goes well with chai, coffee, family and friends!

Makes about 10 good sized pieces

Ingredients:

160ml double cream (just over ¼pt)
4oz/125g milk powder – full fat is best, but skimmed works just as well
10g/2tsp unsalted butter
50g/2tblsp sugar
1 Green Saffron vanilla pod, **beans/seeds only**
Pinch of saffron

Method

1. Roughly line a Swiss Roll tray with baking parchment paper. (I just lay a piece of the parchment on the tray and push it into the tray to make sure it fits). Set aside.

2. Using a stainless steel spoon, combine the cream and milk powder in a bowl. Set aside.

NB. The mixture will be really stiff, but you only need to get the two combined don't go too mad.

3. Place a heavy bottomed saucepan, the widest you have, on a medium heat. Add the butter, sugar and heat, stirring continuously for a couple of minutes. Just until the two have melted together.

4. Next, spoon and scrape the milk powder, cream mixture into the pan and keep stirring on a medium heat. The mixture will melt, eventually begin to look smooth, thicken and come away from the sides of the pan. This will only take about five minutes.

NB. Try not to let the mixture catch. It's no big thing if it does, but the end result won't look quite as good.

5. Sprinkle in the saffron and the vanilla beans. Stir them through the fudge mixture to evenly distribute.

6. Carefully pour the hot mixture onto the parchment in the Swiss Roll tray and use a wetted spatula to spread it level.

7. Allow to slightly cool, cut into diamonds or squares then allow to completely cool and set before serving...simple!

Remember:

This recipe has been tried and tested by the Green Saffron Masaalchi and is pretty much guaranteed, but if you want to change the quantities of a couple of ingredients go for it. Try using a handful of chopped cashews and a teaspoon of green cardamom seeds instead of the vanilla and saffronexperiment and enjoy your cooking. With Green Saffron spices you can't go wrong!!!