



## Aam Doi

Spiced Mango Pudding

### Overview

**Difficulty:** Easy

**Servings:** 4 - 6

**Preparation Time:** 40 mins

## Ingredients

600ml Full Cream Milk

5g Cardamom Powder

100g Pistachios

200g Sweetened Condensed Milk

220g Plain Yoghurt

1kg Fresh Ripe Mangoes

2 Tablespoons Light Brown Sugar

A Pinch Saffron Threads

# Methods

## Step 1

Finely chop pistachio with your Hand Blender. Set aside for garnishing.



## Step 2

Drain off excess liquid from plain yoghurt with strainer.



## Step 3

Peel and cut mangoes into cubes. Blend with cardamom powder and light brown sugar to form puree with your Hand Blender.





#### Step 4

In a medium-sized pot, heat up full cream milk and saffron threads. Simmer to half its volume.



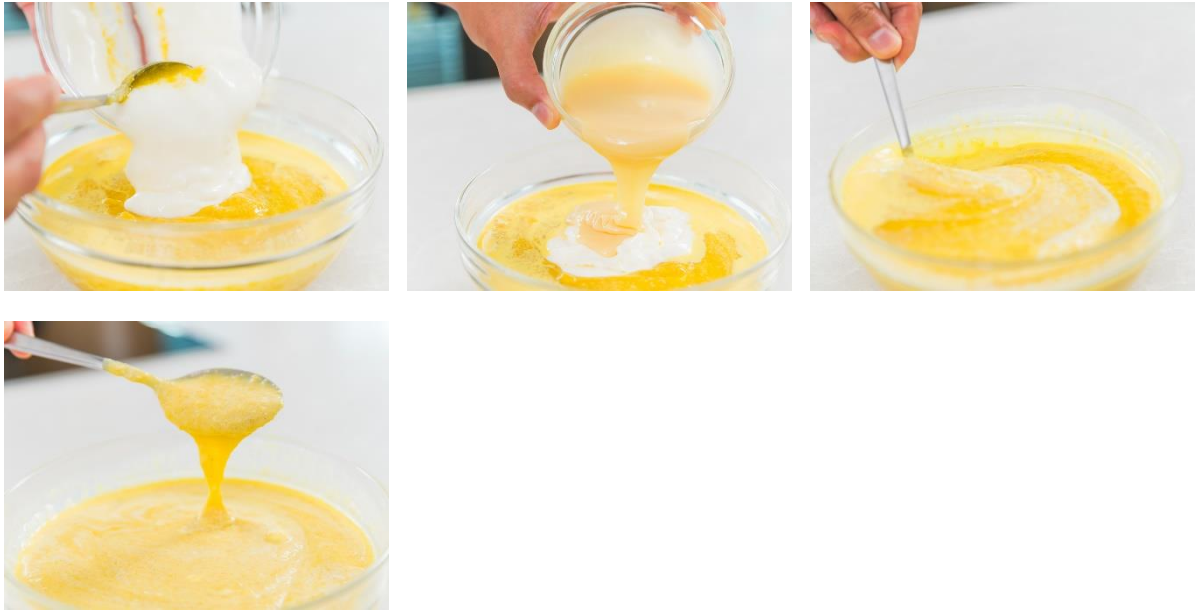
#### Step 5

Strain reduced milk over mango puree to remove saffron threads. Mix well.



### Step 6

Add plain yoghurt and sweetened condensed milk. Mix well until smooth.



### Step 7

Portion combined mixture into ramekin. Chill to set in refrigerator for about 50 minutes.



### Step 8

Serve with chopped pistachios.

