

# Kulfi

## eBook



Masala  
Kulfi

Mango  
Kulfi

Kesar Pista  
Bread Kulfi  
Rose Malai Kulfi

# Welcome to the Royal Kulfi Collection

## A Journey Through the Flavors of South Asia and Beyond

Hi, I'm Tahira Shaheen, the recipe creator and founder of [SweetString.co](https://SweetString.co) — a blog dedicated to authentic, home-tested recipes inspired by cultures, traditions, and cherished family memories.

Kulfi is more than a frozen dessert — it's a legacy of flavor passed down through centuries. With origins in the royal Mughal kitchens and deep roots in South Asian and Middle Eastern cultures, kulfi has long been a favorite in homes from Lahore to Delhi, Karachi to Lucknow, and Sharjah to Hyderabad.

Made with simmered milk, fragrant spices, and rich nuts, kulfi tells a story of tradition, celebration, and love. Whether enjoyed during Eid, summer weddings, or after a family meal, its creamy texture and bold flavors connect generations.

This eBook features five authentic kulfi recipes — each thoughtfully crafted to honor this rich history, while being simple enough for any home cook to recreate. I hope you find joy in making and sharing these timeless treats.

Let's begin this sweet journey together.

Warmly,

*SweetString*

# Masala Kulfi – Patiala Style

A bold and aromatic kulfi infused with cardamom, fennel, saffron, and crushed nuts – inspired by the royal kitchens of Punjab.

## Ingredients:

- Full-fat milk – 1 liter
- Sweetened condensed milk – ½ cup
- Sugar – 4–5 tablespoons (adjust to taste)
- Cardamom powder – ½ teaspoon
- Fennel powder – ¼ teaspoon
- Crushed black pepper – a pinch
- Chopped almonds – 2 tablespoons
- Chopped pistachios – 2 tablespoons
- Saffron strands – a few, soaked in warm milk

A pinch of salt – to balance the sweetness



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## Instructions:

1. In a heavy-bottomed pan, bring the milk to a boil. Reduce the heat and simmer, stirring frequently, until it reduces to half.
1. Add the condensed milk and sugar. Mix well.
2. Stir in the cardamom, fennel, black pepper, and soaked saffron.
3. Add the chopped nuts and simmer for another 2–3 minutes.
4. Remove from heat and let it cool to room temperature.
5. Pour into kulfi molds or paper cups. Cover and insert sticks.
6. Freeze for 6–8 hours or overnight.
7. To serve, dip molds in warm water and release. Garnish with saffron strands or more nuts.

Try this with:

- 👉 Stainless steel kulfi molds
- 👉 Natural cardamom pods
- 👉 Food-safe rose water
- 👉 Traditional Indian dessert bowls

# Mango Kulfi

A rich and creamy frozen dessert made with ripe mango pulp and simmered milk – the ultimate summer treat.

## Ingredients:

Full-fat milk – 1 liter

Sweetened condensed milk – ½ cup

Sugar – 3–4 tablespoons (adjust to taste)

Mango pulp – 1 cup (preferably Alphonso or Kesar)

Cardamom powder – ¼ teaspoon

Chopped pistachios – 2 tablespoons (optional)

A pinch of salt – enhances the sweetness



## Instructions:

Boil the milk in a heavy-bottomed pan. Simmer and stir until it reduces to half.

Add condensed milk and sugar. Cook for 5 minutes.

Remove from heat and cool to room temperature.

Blend in mango pulp and cardamom powder. Stir until smooth.

Add pistachios if desired.

Pour into molds or cups, insert sticks, and freeze for 6–8 hours.

To serve, briefly dip molds in warm water to release.

## Optional Tools & Ingredients:

Alphonso mango pulp

Cardamom powder

Kulfi or popsicle molds

Silicone spatula set

# Kesar Pista Kulfi

A classic and luxurious kulfi infused with saffron (kesar) and pistachios – a royal favorite that melts in your mouth.



## Ingredients:

- Full-fat milk – 1 liter
- Sweetened condensed milk – ½ cup
- Sugar – 4 tablespoons
- Saffron strands – a generous pinch (soaked in 2 tbsp warm milk)
- Cardamom powder – ½ teaspoon
- Finely chopped pistachios – 3 tablespoons
- Cornflour – 1 teaspoon (optional, for extra creaminess)
- A pinch of salt

## Instructions:

*Sweet String*

1. Bring the milk to a boil in a heavy-bottomed pan. Simmer and reduce it to about half, stirring frequently.
2. Add sugar and condensed milk. Mix well.
3. Stir in saffron milk, cardamom powder, and chopped pistachios.
4. If using cornflour, mix it in 1 tbsp cold milk, then add and cook for 2–3 minutes (this helps thicken the mixture).
5. Let the mixture cool completely.
6. Pour into kulfi molds or silicone cups. Insert sticks and freeze for 6–8 hours.
7. Unmold before serving and garnish with crushed pistachios or saffron strands.

## Recommended Add-Ons (Optional Section):

- ✓ High-grade saffron (Kashmiri or Iranian)
- ✓ Stainless steel kulfi molds
- ✓ Pistachio slivers
- ✓ Food-safe kulfi storage box

# Rose Malai Kulfi

Delicately flavored with rose water and enriched with cream, this kulfi is a floral delight that melts like malai (clotted cream).



## Ingredients:

- Full-fat milk – 1 liter
- Sugar – 3–4 tablespoons
- Fresh cream (malai or whipping cream) – ½ cup
- Rose water – 1½ tablespoons (adjust to taste)
- Cardamom powder – ¼ teaspoon
- Chopped almonds – 1 tablespoon
- Chopped pistachios – 1 tablespoon
- Rose petals (dried or edible fresh) – for garnish (optional)
- A pinch of salt

## Instructions:

*Sweet String*

1. Boil the milk and reduce it to half over low heat, stirring frequently.
2. Add sugar and continue to simmer for 3–4 minutes.
3. Stir in fresh cream and cardamom powder. Mix well.
4. Turn off the heat and let it cool slightly.
5. Add rose water and chopped nuts. Mix gently.
6. Pour into kulfi molds or ramekins. Insert sticks.
7. Freeze overnight or at least 8 hours.
8. Garnish with rose petals or a drizzle of rose syrup before serving

 Optional Affiliate Callout:

 Rose water (food grade)

 Edible rose petals

 Copper or ceramic dessert cups

 Silicone kulfi molds

# Instant Bread Kulfi

A creamy kulfi made in minutes using bread, condensed milk, and cream – no boiling required! Perfect for busy days and quick cravings.



## Ingredients:





- White bread slices – 4 (edges trimmed)
- Full-fat milk – 2 cups (chilled)
- Sweetened condensed milk – ½ cup
- Fresh cream – ½ cup
- Sugar – 2 tablespoons (adjust to taste)
- Cardamom powder – ¼ teaspoon
- Chopped almonds or pistachios – 2 tablespoons
- Rose water – 1 teaspoon (optional)

## Instructions:

*Sweet String*

1. Tear the bread slices into small pieces and place in a blender.
2. Add chilled milk, condensed milk, cream, sugar, and cardamom powder. Blend until smooth.
3. Stir in chopped nuts and rose water if using.
4. Pour into kulfi molds or disposable cups. Insert sticks.
5. Freeze for at least 6 hours or overnight.
6. Unmold and serve cold with a sprinkle of nuts or rose petals.

## Optional Product Callouts:

-  High-quality white sandwich bread
-  Silicone molds or kulfi popsicle trays
-  Freezer-safe containers with lids
-  Rose water (optional)

# Make Every Kulfi Creamier, Smoother, and More Flavorful

Here are my top-tested tips for ensuring your kulfi turns out perfect — every time:

## Use Full-Fat Dairy Only

Kulfi depends on richness. Always choose full-fat milk and cream for that dense, creamy texture.

## Slow-Simmer the Milk (for Traditional Recipes)

Simmering reduces the milk and brings out natural sweetness. Don't rush this step — it's what gives kulfi its signature taste.

## Strain the Mixture (Optional)

If you want a super-smooth finish, strain the kulfi base before pouring it into molds. Especially helpful when using nuts or bread.

## Add Floral Notes Gently

Ingredients like rose water or saffron should be added toward the end — to preserve their aroma and subtlety.

## Freeze Overnight for Best Results

Kulfi needs time. Freezing for 8+ hours (preferably overnight) gives it the right texture — not icy, just dense and creamy.

## Unmold Like a Pro

To release kulfi from molds easily:

- Dip the mold in warm water for 5–10 seconds

Twist gently or pull using the stick

## Customize It Your Way

Try adding:

- Crushed Oreo, coconut, or dates
- Coffee, chocolate, or fruit purees
- Toasted nuts, gulkand (rose jam), or even a pinch of sea salt!

## Bonus Tip:

Always taste your mixture before freezing — it should be a bit sweeter than you prefer, as freezing dulls sweetness slightly.

# Thank You for Reading!

I hope this eBook brought you the joy, aroma, and nostalgia of real kulfi, right into your kitchen

Thank you for joining me on this delicious journey through the world of traditional and creative kulfis. Whether you're a long-time kulfi lover or just discovering its magic, I'm so happy you made it here!

I'd love to see your creations – don't forget to tag me on Instagram or Pinterest at [@sweetstring.co](https://www.instagram.com/sweetstring.co) if you try one of these recipes.

✉️ Want more recipes like these?

→ Visit my blog: [SweetString.co](https://www.sweetstring.co)

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🛒 Featured Tools & Ingredients

Here are some of my favorite products used in these recipes:

✓ [Stainless Steel Kulfi Molds](#)

✓ [Organic Saffron Strands](#)

✓ [Rose Water \(Food-Grade\)](#)

✓ [Pistachio & Almond Slivers](#)

✓ [Silicone Freezer Trays](#)

👉 Click on each product name above to view it on Amazon.

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