

Rasmalai

TRADITIONAL BENGALI MILK CURD DUMPLINGS SIMMERED IN A ROSE-SCENTED SYRUP

INGREDIENTS

Rasmalai dumplings

- 800g milk curd or ricotta cheese
- 4 tbsp sugar
- ½ tsp green cardamom mace

Syrup

- 400ml condensed milk
- 400ml milk
- ½ tbsp rose water

METHOD

- Mix the milk curd, sugar and cardamom.
- Spread the mixture on a baking tray, place in a preheated oven set at 150°C/gas mark 2 and bake for 20 minutes. (Do not allow to brown).
- Remove from oven and allow to cool.
- Form into dumplings, about 4cm long and 2cm wide.
- Place the dumplings in a raised-sided roasting tin.

To make the milk syrup

- Pour the condensed milk, normal milk and rose water into a heavy-based pan and simmer for 10 minutes. Do not boil.
- Pour the syrup over the dumplings.
- Place the roasting pan in an oven preheated to 170°C/gas mark 3.
- Bake for 15 minutes. Turn off the oven and allow to cool.
- Once at room temperature, chill the dumplings and syrup for a few hours. Serve chilled.

