

Firni - Dairy

I encountered this delightful traditional Afghani dessert one evening at an Afghan restaraunt in the area. With some modifications to a web recipe that I found, I think I have discovered the perfect Firni like the one I had that night...

from Rebbetzin Malkah

You will need:

2 cups whole milk (or you may use 1 cup whole milk and 1 cup skim milk for a lighter Firni)

3/4 cup sugar or Splenda

2 tablespoons + 1 teaspoon corn starch

1 teaspoon cardamon

1 capful rosewater

ground pistachios for topping

Place all ingredients in a saucepan and stir thoroughly. Place on medium-high heat and stir constantly (if you don't, the corn starch will clump and your Firni will be ruined). One the mixture reaches boiling, remove from the stove and let cool for 15 minutes. Place in serving bowl or small dishes to serve. Just before serving, add ground pistachios on top of the Firni. If possible, serve with small spoons. This is one dessert you will want to savor - the taste is exquisite!

Serves 5.

B'tayavon!