

Cardamom Kulfi Pops

Also Known As
Indian Ice Cream

Course	Yield	Type of Food	Main Ingredient
Dessert	8 servings	Ice Cream	

Comments

These are quite tasty and a different summer treat.

Prep Time 5 minutes Cooking Time Ethnic Origin Indian

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Measure	Ingredient	Pre-Heat? <input type="checkbox"/> Yes	Temperature	Grease Pan? <input type="checkbox"/> Yes	Measure	Ingredient
1.5 qt.	whole milk					
.33 cup	sugar					
.75 tsp.	ground cardamom					
8	paper cones or cooking parchment or waxed paper					
8	ice cream sticks					

Instructions

In a 6-8 quart pan over high heat, stir milk, sugar, and cardamom until simmering. Over medium-high heat, boil until reduced to 2 cups, 25-35 minutes, stirring often; slide pan partially off heat if milk threatens to boil over.
Let cool; to speed cooling, set pan in ice water.

Set paper cups in a rimmed pan.
Or, to make cones, cut 8 pieces of parchment or waxed paper into 7-1/2" squares.
Fold each piece in half to make a triangle.
With long edge toward you, bring 1 of the 45' angles to the top of the triangle, then roll toward other angle. To close hole at bottom, starting from the top, press 1 inside sheet to the opposite side.
Tape the cone in a few places to hold it together.
Support each cone, pointed end down, in a cup slightly taller than the cone; set cups in a rimmed pan.

Divide milk mixture among cups or cones.
Freeze until kulfi is thick but not hard, 1 to 1-1/2 hours; then, if desired, push an ice cream stick into each container.
Freeze until firm, about 2 hours longer.

To eat, peel off paper.

To store, seal kulfi (still in cups or cones) in a large plastic bag; freeze for up to 2 weeks.