

BURFEE (Indian Fudge)

Ingredients

1 cup milk powder
1/2 cup sugar
1/4 cup butter
1/4 cup whole milk
Pinch cardamom powder
Handful almonds & pistachios, roughly chopped

Method

In a deep frying pan, melt the butter gently until a golden colour. Add the milk and bring to a gentle boil, on a low heat, stirring throughout.

Once boiled, add the milk powder & sugar and stir well. On a low heat, continue to stir; as the sugar melts, it'll become a thin then thick consistency. Keep stirring for two to three minutes, then fold in the cardamom & nuts.

Flatten the mix into a greased square tin and leave to refrigerate for about an hour. Cut into squares and serve.

Will keep in an airtight container for 2-3 weeks.