

PANEER KHEER

(Clotted Cheese Pudding)

Rice is the heart of an Indian meal, and this dish has no equal in the world. Indians perfected the art of cooking rice, and this exquisite and fluffy rice is the great pride of every table. The golden rule for a perfect pilau, with each grain separate and well cooked, is not to disturb the rice while it is cooking.

- 4 cups whole milk
- 1/2 cup evaporated milk
- 1/2 cup white sugar
- crushed cardamom seeds
- rose water
- 1/3 cup (total) crushed pistachios and cashews

To make cheese: In a heavy saucepan, bring milk to a boil over a moderate heat. Add vinegar; stir until the milk curdles. Drain off the water through cheesecloth or a fine sieve. Retain just about 2-3 tablespoons of water with it.

Place the lump of cheese and its retained water in a clean saucepan. Cook for a couple of minutes over moderate heat (not low). Pour in evaporated milk, sugar, and crushed cardamom seeds. Continue to stir while cooking until it looks smooth and creamy. Transfer to a serving bowl, sprinkle with rose water, and garnish with crushed nuts. Serve hot or cold. Serves 4.