

Saffron Cream Of Wheat Pudding

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Rich, sticky, delicious! Known as 'Rava Kesari' in India. Has the goodness of cream of wheat (also known as semolina or farina) and perfumed with saffron and cardamom. Very easy to make.

By Meera Vasudevan

Serves 4 | Prep time: 15 minutes | Cook time: 30 minutes



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INGREDIENTS:

- 
1 cup cream of wheat (farina/semolina)
- 
3 cups hot water
- 
1/4 cup ghee (clarified butter)
- 
1/4 cup raw brown sugar
- 
1/2 teaspoon powdered cardamom
- 
1 tablespoon cashew nuts, broken in half
- 
1 tablespoon raisins
- 
a few strands of saffron

PREPARATION:

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Heat half the ghee in a pan. Add the cream of wheat and roast lightly until it turns a very light brown.
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Add the hot water and keep stirring continuously on low heat until the cream of wheat cooks fully and becomes

mushy.

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Add the sugar and stir until fully dissolved and mixed into the cream of wheat.
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Add the saffron, mix in and switch off.
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In a small saucepan, heat the remaining ghee on low, add the nuts, raisins, and cardamom and stir until the nuts turn a light brown.
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Add to the pudding, mix in. Serve.

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