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Brahmins Kitchen



Intriguing IceCreams

- The majority of the world's commercial millet crop is produced by India, China and Nigeria.
- China, India and Niger are the world's largest growers of millet today.
- Millet can help lower risk of type 2 diabetes.
- Fiber from whole grains has been shown to protect against breast cancer.
- Whole grains have been shown to protect against childhood asthma.

This is a sincere attempt to write about the traditional "Tamil Brahmin's" (Tam-Brahm) recipes.

This newsletter will contain the recipes of the food that are typically cooked in a Tamil Brahmin community (Iyer & Iyengar or any Brahmin community).

There is an old saying that goes like this "You are what you eat" and Brahmin Cuisine follows the concept of shaping the personality, mood and mind of the family members.

<https://www.facebook.com/groups/BrahminsKitchen/>

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Contents

TIPS AND TRICKS	2
POINTS TO REMEMBER - GAYATHRI MUTHUKUMAR	2
GAYATHRI MUTHUKUMAR	3
ICECREAM BASE.....	3
KULFI BASE	4
VARIATIONS IN KULFI BASE	4
TENDER COCONUT.....	5
ICECREAM METHOD – I	5
ICECREAM METHOD – II	6
ICECREAM METHOD – III	6
ICECREAM METHOD – III	7
SAIPRIYA ARUNKUMAR	7
WATERMELON POPSICLES	7
WATERMELON POPSICLES	9
STRAWBERRY ICE CREAM.....	10
KULFI	11
BAGAVATHI HARI	11
CHIKOO DELIGHT	11
SEETHPAL ICECREAM	12
JALJEERA CANDIES	12

Brāhminṣ Kitchēn



Tips and Tricks

Points to Remember - Gayathri Muthukumar

- 1.always use thick full fat milk to make icecreams.
- 2.mix the given ingredients for icecream to the milk with out lumps.then boil it by continues stirring to avoid burnt smell.
- 3.cornflour, G.M.S(glycerine mono streate) C.M.C (carbon mono cellulose). These 2 r thickening agents.
- 4.use aluminium closed container or good plastic container with lid to avoid formation of ice crystals .
- 5.Always dissolve the thickening agents in little cold milk and add to the boiling milk.
- 6.set the fridge to it's coldest mode, if u r plan in advance to make icecream .
7. Soak the dry fruits in milk or hot water and chop and mix finally just before setting. So that it will not settle at the bottom.
- 8.there r 2 methods of making various types of icecream. One is with milk, c.flour, and stabilisers. Another one is with fresh whipping cream and milk maid.
9. Use quality products for making icecreams.
10. Keep things ready before preparing ice creams.

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Gayathri Muthukumar

Icecream Base

serves 10 to 12

Ingredients

Full fat milk - 500 ml

Sugar - 7 tbsp

G.M.S Pdr - 1.5 tbsp

C.M.C pdr - a pinch

Cornflour - 1.5 tbsp

Milk pdr - 1.5 tbsp

Fresh cream - 1/2 cup

Method

1. Take 1/4 cup of milk mix all the pdr with out lumps. keep aside.
2. Now boil the milk and sugar in slow flame with continue stirring. When it starts boiling add the mixture which is kept aside.
3. Now boil in slow flame until the milk thickens.
4. Remove it and cool it by stirring continuously to avoid lumps under fan.
5. Set it in freezer.
6. When it is fully set .take out the icecream in to a bowl add fresh cream beat until soft and fluffy.add color and flavour of ur choice .mix well.
7. Pour the icecream in an container.freeze till firm.

NOTE : till point 5 is the icecream base.
6th and 7th is preparing icecream of ur choice.
Use amul cream or home made malai.

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Kulfi Base

Serves 15 to17

Ingredients

Full fat milk_ 1 litre

Kova_ 200 gms sugarless

Sugar_ 125 gms

Method

Mix milk and kova with out lumps . Boil it well until it thickens. In between add sugar.

Set it in the freezer.

This is the KULFIBASE.

Variations In Kulfi Base

1. Dry nut kulfi: chopped almonds, pista, cashews eilaichi pdr to the kulfi base.
2. Kesar badam: few strands of kesar in little hot milk. 10 soaked badam cut into long strips with 2 tbsp of soaked badam paste.
3. Kaju anjeer(cashew and fig)_ soak 5 anjeer in hot milk along with 20 kaju. Chop 2 anjeer from that and 8 kaju.rest blend it and mix well to the icecream base. Decorate the chopped one.
4. Kesar pista: Soak the pista and kesar in hot milk. Chop some for decoration. Blend it and mix it with base.
5. Like this u can use dates , walnuts any thing of ur choice.
6. No need of essence.

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Tender Coconut

tender coconut _ 1. 5 cups

Milk_ 1 litre

Sugar _ 11 tbsp

Cornflour _ 3 tbsp

Fresh cream_ 1 cup

Vanilla essence _ 1 / 4 tsp

Method

Cut 1 / 2 cup coconut and blend the rest.

Boil the milk with sugar and add the cornflour which is mixed in 1 / 4 cup cold milk.

Boil For 10 more mnts.cool it.

Add cream, essence and blend coconut.churn it and set it in freezer.

After fully set, remove churn again and add coconut pieces. Mix well.

Pour it in closed container and set it in freezer.

Serve.

Icecream Method – I

I have posted the ice cream base recepie following that u can make varieties of flavours.

I will give u the varieties and the preparation Method.

METHOD

FOR ANY FRESH FRUIT ICECREAM:

FOR 2 CUP OF BASE , TAKE 1 CUP OF CUT FRUIT AND 1 / 2 CUP OF PUREE.

ORANGE FLAVOUR: in base add half cup Fresh cream , 1 cup pulp cooked in 1 / 4 cup Sugar (heat the sugar with little water once it comes to thick consistency add the orange pulp mix well till sugar absorbs.cool it and add to the icecream).1 / 2 tsp orange emulsion (means any essence with color is called emulsion) .

Take a base icecream in a bowl , place it on the plate which is filled with ice cubes.

Now in the bowl add fresh cream , essence, base and beat till soft.finally add the orange pieces , mix well with laddle and set it.

BeatING can be done in miXie. The base icecream should not be melted .it should be semi hard.then only u will get the soft texture once u beat.

THIS IS THE BASE METHOD TO PREPARE ICECREAM.

NEXT I WILL GIVE U DIFFERENT COMBO AND FLAVOUR.



Icecream Method – II

1. VANILLA FLAVOUR: base with 2 tsp essence , half cup f.Cream.
2. TuttiFutti: 1 tsp orange emulsion or essence separate color separate. Half cup f. Cream, 4 tbsp tutti fruit.
3. STRAWBERRY : base, half cup Fresh berries cooked in sugar syrup, 1 / 4 tsp pink color, 3 / 4 tsp essence, half cup cream.
4. PINEAPPLE : base, 3 / 4 tsp pineapple essence, 1 / 4 tsp yellow color, 1 cup Chopped pineapple pieces, half cp cream.
5. BUTTER SCOTCH : base, half cup cream , 1 tsp essence, 4 tbsp butter scotch balls, caramel color.

Icecream Method – III

Am going to give you all an exclusive icecream recepie which is is made of only 2 as main ingredients. With this as base u can make n number of varieties.

Here is the base icecream

Ingredients

Milk maid _ 2cups

Whip cream_ 2cups

Essence_ 1 / 2 tsp

Color of ur choice_ 1 / 4 tsp

Method

Take a bowl pour the cream , beat it till it forms stiff peak.now add the milk maid and beat for 3 mnts.add vanilla essence and set it in air tight container.

Note: instead of milk maid you can add 1cup milk and 2 cup sugar . This can be beaten only with hand mixture not in miXie or blender.use only whipping cream not home made or amul cooking cream.

Once it is set take 2cups of base ice cream add essence and color mix well by spatula (do not beat)again set it and serve.

This give u the same texture which you get it in shop.

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Icecream Method – III

I gave you the base icecream recepie with 2 as main ingredients.

Now let us play with variations with this base.

Take 2 cup of base icecream. If u want u can add essence otherwise natural flavour itself is good.

1. **KAJU DRAKSHA** : Soak 20 kaju and 15 kis mis in 1 / 4 cup of hot milk for half an hr.grind into paste.add this to the base mix well , do not use mixer.decorate with some chopped kaju and kis mis set it and serve.

2. **KESAR PISTA** : Soak 20 nos of pista and 5 strands of kesar in hot milk. Grind it into paste. Rest same procedure as no.1 recepie

3. **ANJEER BADAM**: anjeer is fig.soak 7 anjeer and 16 badam in hot milk .keep 2 anjeer and 6 badam aside for decoration. Rest as above.

4. **WALNUT AND DATES**: Soak 15 walnuts and 8 dates in hot milk.keep 5 walnuts and 3 dates chopped for decoration. Rest Method as above.

Note: Soak the walnut in hot water for 10 mnts and remove the outer skin. Then soak it in milk.otherwise it gives u oily smell and bitter taste. Always use fresh walnuts.

5. **CHOCOLATE ICECREAM** : take 1 / 4 cup milk add 2 to 3 tbsp of cocoa pdr mix well without lumps.boil it for 5 mnts strain it and cool it. Now mix it with the icecream and set it.

6. **COFFEE ICECREAM** : take 1 / 4 cup of milk heat it add 2 tbsp of instant coffee pdr. (I prefer sunrise select or n escafe classic.)1 tbsp of cocoa pdr. Strain it and add to the icecream.

7. **MANGO** : ADD 1 / 2 CUP of mango pulp to the base .if u want u can add mango essence and yellow color.mix well.set it.

8. **GULKAND** : add 4 tbsp of GULKAND to the base .mix well and set it.

All these flavours I have tried personally. Results are good. You can also try and enjoy.in our family we have stopped eating icecreams outside for past 2 years.

Saipriya Arunkumar

Watermelon Popsicles

Mango 1

Milkmaid 1/2 cup

Sugar 1 tspn(optional)

Method:

Peel the mango skin and cut into pieces.

Grind mangoes,milkmaid and sugar.

Let it be on the consistency of a dosa batter.

Pour it in the kulfi mould.

Allow it to freeze overnight.



Yummy mango kulfi is ready.



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Watermelon Popsicles

Things required:

Watermelon cubes 2 cups
Sugar 5 tbsps
Lemon juice 2 tspn
Popsicles mould/ice tray

Method:

Blend everything together in a blender and pour in the popsicle mould..
Insert sticks
You can also add some chopped pieces of watermelon too..
Freeze until it becomes firm or freeze it overnight...
Yummy watermelon popsicles are ready

Note:

- 1.You can carry on with the same process with any kind of fruits...
- 2.You can make it as a combo too..

For ex:

You can blend kiwi with watermelon,
Strawberry and kiwi,milk and strawberries,so on
3.Instead of lemon juice you can also use orange juice

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Strawberry Ice Cream

Things required:

Thick milk cream a cup
Strawberry puree a cup
Sugar 5 tspns
Chopped strawberries 1/2 cup

Method:

Blend the cream well so that it becomes more creamy
Add the puree,sugar and blend again
Add the chopped strawberries and mix well
Refrigerate overnight
Yummy strawberry ice cream is ready to serve

Note::

1. There are different flavoured toppings available in store.
Just serve the ice cream by adding toppings
2. You can also add butterscotch chips, choco chips or nuts as you wish
3. Same way you can carry on with any fruits you need but be sure that you use only thick creamed milk
4. you can also make sugar free ice creams too

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Kulfi

Things required
Full fat milk a litre
Sugar 5 tspns
Saffron a pinch
Chopped nuts
Kulfi mould

Method:

Soak the saffron in a tspn of warm milk.
Heat the milk in a pan till it Reduces to one third
Add sugar;keep stirring
Add chopped nuts and the saffron water
Allow to cool
Pour it in the kulfi mould and refrigerate overnight
Kulfi is ready

Note:

- 1.You can also use normal milk along with condensed milk too
- 2.The consistency of the milk should be thick...
- 3.You can also add mango puree which is called as mango kulfi
- 4.You can add kesar essence which is known as kesar kulfi
- 4.Flavours can be altered according to our need

Bagavathi Hari

Chikoo Delight

- * Take 500ml thick milk, boil for 5mnts, cool.
 - * Mix 200Gms of milk powder, pulp of 3 chikoos.
 - * To this add 50gms of sugar(powdered)
- Beat this thoroughly and place in a icecream mould, freeze in for 6 hrs till set.
(walnuts can be crushed and added)



Seethpal Icecream

- *Take 500ml of thick milk, bring to boil, simmer, let it be in low flames, for ten minutes.
- * TO the above add mlk powder 400gms and sugar powdered 100gms, mix thoroughly, let it remain for ten mnts, cool.
- *Take pulp of 4 seetapals, mash and add with the above mix.
- *Now transfer into a plastic container/ vessel with tight lid, freeze for 6 hours, in highest cooling point and serve.

Jaljeera Candies

- ** Take 500ml of water, add Jal jeera powder(recipe posted in powders) 100gms.
- ** Add 50gms sugar to it. Whisk, pour into ice cube moulds, set at highest cooling.
- ** Serve in cubes.

Or

POUR the mix into plastic kulfi moulds, to get YUMMY TANGY JALJEERA ICE STICKS.

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