



Milk Cake



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Milk Cake

Introduction

Milk cake, also known as kalakand, is a delicious Indian sweet made from milk and sugar. Its rich and creamy texture makes it an irresistible treat for anyone with a sweet tooth. This dessert is often prepared during festivals and special occasions, but it can be enjoyed anytime you crave something sweet. In this article, we will explore the ingredients needed, the preparation process, and the cooking details to create this delectable dessert at home.

Detailed Ingredients with measures

Milk - 1 liter

Lemon juice - 2 tablespoons

Sugar - 1 cup

Ghee - 2 tablespoons

Cardamom powder - 1 teaspoon

Chopped nuts (optional) - for garnishing

Prep Time

Prep time for this milk cake is approximately 10 minutes. This includes gathering all the ingredients and preparing them for cooking.

Cook Time, Total Time, Yield

Cook Time: 30 minutes

Total Time: 40 minutes

Yield: Serves 4-6 people

By following these guidelines, you can easily prepare a delightful milk cake that is sure to impress your family and friends! Enjoy this sweet indulgence on special occasions or simply as a treat for yourself.



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Detailed Directions and Instructions

Prepare the Milk

In a large saucepan, heat the milk over medium heat. Stir continuously to prevent it from burning or sticking to the bottom.

Reduce the Milk

Allow the milk to simmer, stirring occasionally, until it reduces to about one-third of its original volume. This process usually takes approximately 30-40 minutes.

Add Sugar

Once the milk has reduced, add sugar to the pan and stir well until the sugar completely dissolves.

Incorporate Lemon Juice

Add lemon juice to the mixture gradually while continuing to stir. This will help curdle the milk.

See also Crock Pot Taco Soup

Curdle the Milk

Keep stirring the mixture until it forms a solid mass and separates from the whey. Turn off the heat once it has formed.

Strain the Mixture

Using a muslin cloth or a fine sieve, strain the curds to remove any excess whey. Rinse the curds under cold water to remove the lemon

flavor.

Shape the Milk Cake

Transfer the strained curds to a greased plate or tray. Press it down firmly to flatten and shape it into a desired thickness.

Cool and Set

Allow the milk cake to cool at room temperature. Once cooled, refrigerate it for at least a few hours to ensure it sets properly.

Cut and Serve

Once firm, cut the milk cake into desired shapes and sizes. Serve chilled or at room temperature.

Notes

Using Fresh Milk

For best results, use full-fat fresh milk. Avoid using powdered or packaged milk.

Adjusting Sweetness

You can adjust the amount of sugar according to your taste preference.

Storage Instructions

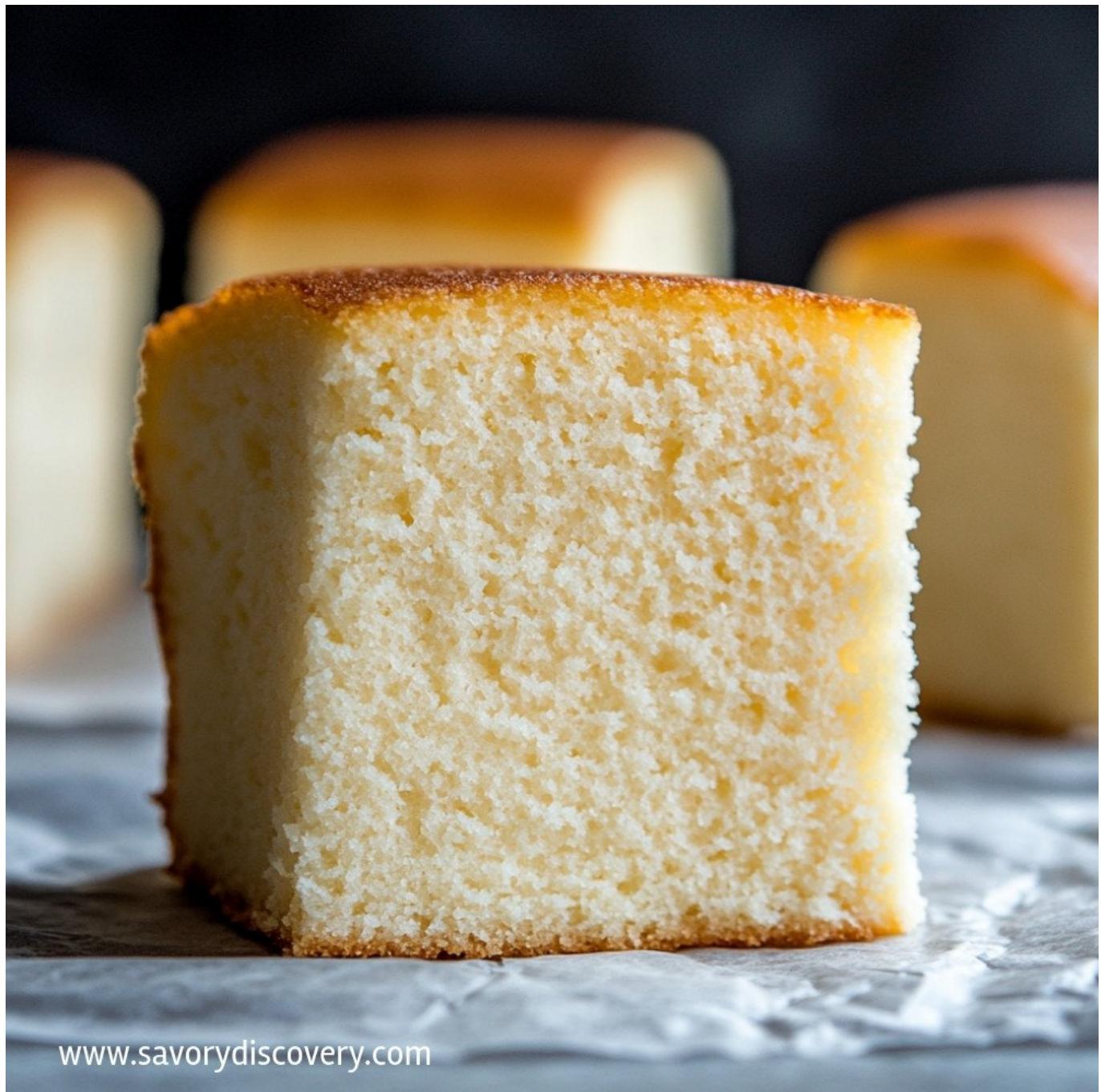
Store the milk cake in an airtight container in the refrigerator. It should last for about a week.

Additions and Variations

Feel free to add cardamom powder, nuts, or saffron for added flavor and texture to the milk cake.

Caution

Be cautious when adding lemon juice; add it gradually to achieve the desired curdling effect without overpowering the flavor.



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Cook techniques

Milk heating

Heat the milk slowly to avoid curdling and ensure even cooking.

Sweetening

Add sugar gradually while stirring to dissolve it completely in the milk.

Stirring

Continuously stir the mixture to prevent it from sticking to the bottom of the pan.

See also Slow Cooker BBQ Chicken

Cooling

Allow the milk mixture to cool completely before pouring it into a container for setting.

Setting

Let the milk cake set in the refrigerator for a perfect texture and enhanced flavor.

FAQ

How do I know when the milk is properly heated?

The milk should be steaming, but not boiling, and should have a slight change in consistency.

Can I use alternative sweeteners?

Yes, alternative sweeteners can be used, but adjustments in quantity may be necessary based on taste preference.

What can I do if my milk cake doesn't set?

If it doesn't set, try refrigerating it for a longer time or adjusting the recipe for better consistency.

How should I store leftover milk cake?

Store leftover milk cake in an airtight container in the refrigerator for up to a week.

Can I add flavors to the milk cake?

Absolutely! You can add flavors like cardamom, vanilla, or saffron to enhance the taste.



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Conclusion

The milk cake is a delightful treat that showcases the beautiful blend of flavors and textures. Its rich creaminess paired with the subtle sweetness makes it an exquisite dessert for any occasion. Whether served on its own or paired with a hot beverage, this milk cake is sure to leave a lasting impression on your taste buds.

More recipes suggestions and combination

Chocolate Milk Cake

A twist on the classic recipe, adding cocoa powder or melted chocolate to the batter for a rich, chocolaty flavor.

Cardamom Scented Milk Cake

Enhance the flavor profile by infusing the milk with cardamom, giving the cake an aromatic and warm spice that complements the sweetness.

See also Apple Pie with Ice Cream

Coconut Milk Cake

Replace regular milk with coconut milk for a tropical flair, resulting in a moist cake with a subtle coconut flavor.

Fruit Topped Milk Cake

Top your milk cake with a variety of fresh fruits such as berries, mangoes, or kiwi for a refreshing and colorful dessert.

Milk Cake with Nuts

Incorporate chopped nuts like almonds, pistachios, or walnuts into the batter for added texture and a nutty flavor.

Layered Milk Cake

Create a stunning presentation by layering the milk cake with whipped cream and fruit spreads for a beautiful dessert display.



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