

Milk Barfi



Preparation Time: 5 min

Cooking Time: 10 min

Setting Time: 2-4 hours

Makes: approx. 30 pcs.

Ingredients

365gm Instant
Milk Powder

473ml of Double Cream
- 1 pint

150gm of Icing Sugar

1 tin of Condensed Milk



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Preparation method

1. In a deep microwave-safe bowl, mix the following:
Dry milk, powdered sugar, double cream, icing sugar & condensed milk
2. Mix very well.
3. Cook in the Microwave for a minute at a time, taking it out every time and mixing it very well.
4. This takes about 8 minutes in total.
5. Every microwave is different, so look for the mixture fluffing up and folding in. Keep an eye on it, and make sure it does not spill over. Stop cooking once the mixture is folding in.
6. Mix again and then put all of the mixture onto a baking tray, which is lined with waxed baking paper
7. Spread the mixture out flat. The mixture should be roughly 5 centimetres deep.
8. Allow the barfi to set in the fridge for at least two hours
9. Once set, cut into whatever shapes you like.

With thanks to Anjula Wilson for her help with these recipes.



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