

Sabudana Kheer Recipe | Creamy Indian Tapioca Pearl Pudding

Sabudana Kheer is a creamy Indian dessert prepared with tapioca pearls, milk, sugar, nuts, makhana and cardamom. It is simple to prepare and can be served warm or chilled.



Prep time
5 minutes

Cook time
20 minutes

Total time
25 minutes

Servings
4

Calories
300 kcal

Ingredients

Sabudana (tapioca pearls)	½ cup
Milk	approx. 500 ml
Sugar	according to taste
Ghee	1 teaspoon
Cashews	8-10
Almonds	8-10
Makhana (fox nuts)	½ cup
Cardamom	2-3, crushed
Water	for soaking sabudana

Method

- 1. Soak the Sabudana**
Wash the sabudana with clean water. Soak it in water for about 2 to 3 hours.
- 2. Roast the Nuts**
Heat one teaspoon of ghee in a pan. Add cashews and almonds. Roast them on low heat for about 2 minutes. Remove once they become lightly golden.
- 3. Roast the Makhana**
Add makhana to the same pan. Roast on low heat until lightly crisp. Remove and keep aside.
- 4. Boil the Milk**
Pour approximately 500 ml milk into a pan. Bring it to a good boil over medium heat.
- 5. Cook the Sabudana**
Add the soaked sabudana to the boiling milk. Cook for about 2 minutes while stirring occasionally.
- 6. Add Sugar**
Add sugar according to your taste. Mix well and cook for another 2 minutes.
- 7. Add Nuts and Cardamom**
Add the roasted cashews, almonds and makhana. Add crushed cardamom and mix everything well.
- 8. Simmer the Kheer**
Cook the kheer on low heat for another 3 to 4 minutes. Stir occasionally to prevent sticking.
- 9. Serve**
Your creamy Sabudana Kheer is ready. Serve it warm or chill it before serving.

Chef tips

- Soak the sabudana properly before cooking.
- Cook the kheer over low heat for a creamy texture.
- Adjust the amount of sugar according to your preference.
- Full-fat milk can make the kheer richer.
- The kheer thickens after cooling.
- Add a little milk if chilled kheer becomes too thick.
- Pistachios and raisins can also be added.

Full recipe: <https://meenrazcooking.com/en/recipe/sabudana-kheer-recipe/>



Watch the video: youtube.com/watch?v=LmHEznHhLgw



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