



Shrikhand and Pooris

 Vegetarian

READY IN



110 min.

SERVINGS



6

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup golden raisins
- 0.1 teaspoon ground cardamom
- 0.1 teaspoon ground nutmeg
- 0.3 cup pistachios chopped
- 1 teaspoon salt
- 6 cups whole-milk greek yogurt
- 0.5 cup cup heavy whipping cream sour
- 0.5 cup caster sugar

- 1 tablespoon vegetable oil for deep-frying plus more
- 2 cups flour whole-wheat

Equipment

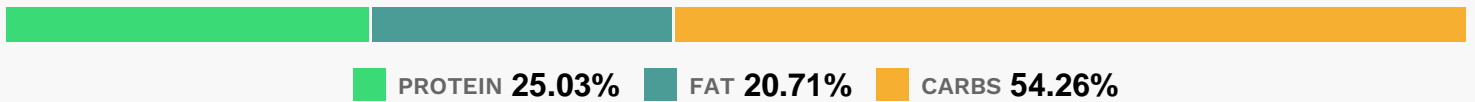
- bowl
- paper towels
- sauce pan
- whisk
- pot
- wooden spoon
- kitchen thermometer
- cookie cutter
- slotted spoon
- colander
- cheesecloth

Directions

- Make the shrikhand: Line a large bowl with a double layer of cheesecloth.
- Pour the yogurt onto the cheesecloth, gather the corners of the cloth and tie into a bundle. Then tie the bundle onto a wooden spoon.
- Lay the spoon across the top of a pot so the bundle hangs in the pot; drain in the refrigerator overnight.
- Empty the thickened yogurt into a bowl; whisk until very smooth. Stir in 1/2 cup superfine sugar, the cardamom, nutmeg and saffron (if using). Taste and add more sugar, if desired. Shrikhand is supposed to be slightly tart. If it's not, add some or all of the sour cream.
- Stir most of the raisins and pistachios into the shrikhand; sprinkle the remainder on top. Cover and chill for at least 1 hour.
- Mix the flour and salt in a large bowl. Rub 1 tablespoon vegetable oil into the flour; make a well in the center and gradually pour in 2/3 cup water.

- Mix with your hands until the dough forms a ball, then knead on a clean surface until smooth but still slightly tacky, about 5 minutes. Cover with a damp cloth and let rest, 30 minutes.
- Divide the dough in half; roll each portion into a 1/16-inch-thick round.
- Cut out about 20 circles using a 2 1/2-inch round cookie cutter.
- Heat 2 inches vegetable oil in a large saucepan until a deep-fry thermometer registers 350 degrees F. Line a colander with paper towels. Fry the pooris in batches until golden brown, 1 minute per side.
- Remove with a slotted spoon; drain in the colander.
- Serve the hot pooris with the cold shrikhand.
- Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:14.39, Inflammation Score:-5, Nutrition Score:20.556087144043%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 427.55kcal (21.38%), Fat: 10.15g (15.62%), Saturated Fat: 2.97g (18.59%), Carbohydrates: 59.82g (19.94%), Net Carbohydrates: 54.75g (19.91%), Sugar: 27.97g (31.08%), Cholesterol: 21.31mg (7.1%), Sodium: 467.28mg (20.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.6g (55.2%), Manganese: 1.74mg (87.08%), Selenium: 45.73µg (65.33%), Phosphorus: 461.59mg (46.16%), Vitamin B2: 0.68mg (40.19%), Calcium: 264.18mg (26.42%), Vitamin B12: 1.44µg (24%), Magnesium: 87.21mg (21.8%), Fiber: 5.07g (20.28%), Vitamin B6: 0.41mg (20.27%), Vitamin B1: 0.29mg (19.6%), Potassium: 549.79mg (15.71%), Zinc: 2.3mg (15.35%), Copper: 0.29mg (14.6%), Vitamin B3: 2.56mg (12.8%), Iron: 1.92mg (10.68%), Vitamin B5: 1mg (10.03%), Folate: 35.58µg (8.89%), Vitamin K: 5.43µg (5.17%), Vitamin E: 0.69mg (4.58%), Vitamin A: 152.32IU (3.05%)