

## Recipe

### JHANGORA KI KHEER

#### Ingredients - 4 Servings

240 grams barnyard millet  
4 cup milk  
2 tablespoon raisins  
1/2 cup and 1 and 1/2 tablespoon sugar  
2 tablespoon cashews  
1 and 1/2 drops kewra essence

#### Directions

Start by washing the barnyard millet (Jhangora), then soak it in the water for some time. Meanwhile, take a deep pan and boil milk over medium flame.

When milk is boiled, gently add soaked jhangora in milk while stirring constantly.

Ensure there are no lumps formed. Now, add sugar and mix the ingredients well.

Cook over medium flame until sugar dissolves completely.

Then, add kewra essence and mix it well with a large spoon. Cook until you get the desired consistency.

Remove from flame. Garnish with raisins and cashews. Serve warm

\*Served at Ezenza Mahayana Resort & Spa, Rishikesh.