THE J.M. SMUCKER Co

Atta Barfi

Prep Time	Cook Time	Serves	Difficulty
10 mins	20 mins	12	N/A

Ingredients

- 1 cup (250 mL) Robin Hood® Whole Wheat All-Purpose Flour

  Robin Hood® Whole Wheat All Purpose Flour

- 1/3 cup (80 mL) ghee or unsalted butter
- 1/2 cup (125 mL) Carnation® Regular Evaporated Milk

  Evaporated Milk

- 1/2 cup (125 mL) Eagle Brand® Original Sweetened Condensed Milk

  Original Sweetened Condensed Milk

- 1/2 tsp (2.5 mL) ground cardamom
- 2 tbsp (30 mL) chopped pistachios or almonds, plus more for garnish
- 1 tsp (5 mL) ghee, for greasing pan

Directions

Step 1:

Lightly grease or line an 8 x 4-inch loaf pan or small square pan with parchment paper. Set aside.

Step 2:

Heat ghee in a medium non-stick frying pan or saucepan over low heat. Add Flour and cook, stirring continuously, for 10 to 12 minutes, or until the flour turns a golden brown and smells rich and nutty.

Step 3:

Stir in cardamom. Gradually pour in evaporated milk, stirring until smooth.

Step 4:

Add sweetened condensed milk and continue cooking over low heat, stirring constantly, 4 to 6 minutes or until the mixture thickens and begins to pull away from the sides of the pan.

Step 5:

Stir in chopped pistachios or almonds. Immediately transfer mixture to prepared pan and smooth the top with the back of a spoon or spatula.

Step 6:

Sprinkle with additional nuts and gently press them into the surface. Let cool slightly, then chill 1 hour or until firm.

Step 7:

Cut into squares or diamonds and serve.

For a richer festive flavour, add a few strands of crushed saffron with the evaporated milk.

Store in an airtight container in the refrigerator for up to 5 days. Bring to room temperature before serving for the best texture.

Images