

# Phirni

1 cup white millet  
4 cups water  
1/4 cup almond powder  
1/4 cup sugar or sweetener of your choice  
2 drops rose essence  
1/8 tsp cardamom  
slivered almonds, to garnish

## Instant pot method:

To an instant pot, add millet and water. Cook on high pressure for 2 minutes. Allow pressure to release naturally. Add almond powder, sugar, rose essence, and cardamom. Cook on low until creamy. Garnish with slivered almonds.

## Saucepan method:

To a 4Q saucepan, add millet and water. Cover and cook for 15 minutes on medium high heat. Once all the water is absorbed, reduce heat to low and cook for 10 minutes. Add almond powder, sugar, rose essence, and cardamom. Cook on low until creamy. Garnish with slivered almonds.

## Note:

Use chopped dates, raisins and/or figs for a more natural sweetener  
Alternative to Millets is Quinoa or similar seed/grain  
Can be served warm or cold

*Recipe by Chef Shoba Swamy*



ATLANTA BOTANICAL GARDEN