



# Sweet Milky Bread

NIBBLEDISH CONTRIBUTOR

## Ingredients

- Bread: about 3-4 slices
- Milk: 1 cup
- Sweetened Condensed Milk: 2-3 tbsp.
- Cardamom Whole: 2
- Cinnamon: 1 inch
- Nutmeg: garnish
- Pistachios or almonds or raisins

## Instructions

Hubby and I both have a major sweet tooth! After dinner we must must, nay, he must! have something sweet. Usually he just takes a piece of bread and lathers on some Nocilla (like Nutella, a hazelnut-chocolate spread) and devours it. Last night he was about to the same. He sat down with the bread box and the bottle of Nocilla and I couldn't bare to watch. But what to make in 10 mins? Well, if you have sugar, milk, bread, eggs and flour - anything is possible! I had made some doughnuts a few days back (they were more deep fried cakes!) and I knew that would take a while.

So, he requested *Shahi Tukra*.

*Shahi* is usually term used in the South Asian cuisine for anything cooked with milk or yogurt - it connotates richness. *Tukra* means - pieces. In the old days, milk was reduced to a rich creamy state, hence the name. Today's milk loses so much in the processing that it can hardly be boiled down to a thick cream.

I remember as a child we used to get fresh milk straight from the cow and when it was boiled to purify, it formed a thick layer of cream (we called it *shor*). We would eat the

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*shor* just with some sugar - but it was usually preserved for the special baby of the home - so when little brother was old enough - I no longer got the *shor*, same with hubby, when his little sister was old enough and then his cousin brothers - he never got that thick layer of delicious cream. *\*sigh\**

So, back to last night. What he wanted was bread in sweetened milk. I have made it several times and by no means is it healthy but - dang - it taste good!!!

## **SHAHI TUKRA**

### Sweet Milky Bread

1. Heat the milk. Bring it to a boil and then let it simmer. Add the cardamom, cinnamon and stir in the condensed milk. Let it simmer for about 10 mins or so. You can do it till its thickened, especially if it full cream milk but, not necessary.
2. Have a deep dish ready or a bowl, tear the bread into big chunks and layer it. If you want to make it look pretty, cut into triangles and lay it out neatly overlapping.
3. Check for desired sweetness - add honey or sugar if needs to be sweeter. Pour slowly over the bread. Garnish with nutmeg shavings or swirl some honey on top or spread out raisins or nuts.

Let it cool and enjoy!

*\*Tip: this is a very versatile dish, you can do anything you want with it! Powder milk can be used. If you don't want condensed milk - palm sugar, jaggery, brown sugar, honey - any natural sweetener can be substituted. Saffron can be used in the milk for a sophisticated taste or Vanilla. If eggs mixed in the milk then perhaps can be baked even? (don't know abt that one - have to test t out).*