



Falooda

Recipe by Zerina Davis

Ingredients :

- 2 tsp of falooda seeds (aka basil seeds, sabja seeds)
- 2 cups chilled milk
- A small handful of extra fine vermicelli
- 1 tin full cream evaporated milk
- Selati Sugar or sweetener to taste
- 2 Tbs Rose syrup
- 2 scoops Vanilla ice cream
- Pistachio nuts and red rose petals for garnishing

Methods :

1. Soak falooda seeds in water for about ½ hour
2. Boil the vermicelli in ½ cup of milk and allow to cool, then strain.
3. Mix boiled vermicelli, evaporated milk, rose syrup, ice cream, soaked falooda seeds and remaining chilled milk.
4. Add sugar to taste.
5. Decorate with chopped pistachio nuts and rose petals