

Mango Sheera: A Delightful Indian Semolina Pudding

base, infused with the vibrant



TIME
7 min

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INGREDIENTS

- 1/2 Cup Water
- 1/2 Cup Sugar
- 1/2 Cup Mango Pulp
- 1/2 Cup Ghee
- 6-7 Cashewnuts
- 6-7 Almonds
- 6-8 Raisins
- 1/2 Cup Semolina (Sooji)
- 1/2 Cup Milk (boiled, not raw)
- 1/4 tsp Yellow Food Color (optional)
- 1/2 tsp Cardamom Powder

Swaps and Notes:

Mango Pulp: Use good quality canned mango pulp or fresh mango pulp (from ripe Alphonso or Kesar mangoes, if possible). If using fresh, make sure it's blended smoothly.

Ghee: Ghee (clarified butter) is traditional and provides unparalleled flavor. Unsalted butter can be used, but the taste will be different.

Dry Fruits: Feel free to use your favorite nuts like pistachios, walnuts, or exclude them if you prefer. Adjust quantities to your liking.

Semolina (Sooji): Fine semolina is typically used for sheera. If you only have coarse, you might need to cook it slightly longer.

Milk: Boiled milk helps prevent curdling and ensures a smoother consistency.

Yellow Food Color: This is optional but gives the sheera a beautiful vibrant yellow color, enhancing its visual appeal.

Cardamom Powder: Freshly ground cardamom seeds offer the most potent aroma and flavor.

DIRECTIONS

1. Let's get cooking this warm, fruity, and absolutely delightful Mango Sheera!
2. Prepare : Mango Syrup: In a medium pan, add the water, sugar, and mango pulp. Mix these ingredients well until the sugar begins to dissolve. Bring the mixture to a gentle boil over medium heat, then reduce heat and keep it warm. This creates a flavorful mango syrup that will be incorporated later.
3. Fry : Dry Fruits: In a separate, heavy-bottomed pan or kadhai, heat the ghee over medium-low heat. Once the ghee is warm, add the cashewnuts, almonds, and raisins. Fry them gently, stirring constantly, until the cashews and almonds turn a light golden color and the raisins puff up beautifully. This happens quickly, so watch them carefully to prevent burning. Once fried, remove the dry fruits with a slotted spoon and set them aside on a plate, leaving the ghee in the pan.
4. Roast : Semolina: To the same pan with the remaining ghee, add the semolina (sooji). Reduce the flame to low. Roast the semolina on low heat for about 6-7 minutes, stirring continuously. You want the semolina to become slightly golden and release a fragrant, nutty aroma, but not burn. This step is crucial for the texture and taste of the sheera.
5. Add : Milk: Once the semolina is lightly roasted, carefully pour in the boiled milk. Stir continuously and quickly to prevent lumps. Continue cooking and stirring on low heat until the mixture starts to thicken and the semolina absorbs the milk, drying up and coming together.

6. Incorporate : Mango Mixture: Now, pour the warm mango-sugar-water mixture (from step 1) into the semolina. Mix very well with a spoon or whisk until everything is thoroughly combined and the mango is evenly distributed throughout the semolina. The mixture will be quite wet at this stage.
7. Add : Color & Cardamom: Stir in the optional yellow food color (if using) and the cardamom powder. Mix again to ensure the color is evenly distributed and the fragrance of cardamom permeates the sheera.
8. Final : Cook: Add about half of the fried nuts (cashews, almonds, and raisins) into the sheera mixture and mix well. Continue to cook on low flame, stirring frequently, until all the moisture evaporates and the ghee starts to separate from the sides of the pan. The sheera will become thick and have a glossy appearance. This indicates it's perfectly cooked.
9. Your warm, fruity, and absolutely delightful : Mango Sheera is ready to serve!

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TIPS FOR SUCCESS

Don't Rush Roasting Semolina: Roasting the semolina on low heat is crucial.

It develops a nutty flavor and helps prevent lumps.

Hot Liquids for Smoothness: Adding warm milk and mango syrup to the roasted semolina helps prevent lumps and ensures a smoother sheera.

Constant Stirring: Stirring consistently, especially after adding liquids, is key to preventing lumps and ensuring even cooking.

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