

RECIPE

Almas Zakiuddin - talkingoffood.ca

Sewai – Zain’s Noodles in Milk

Active time: 20 - 30 minutes Total time: 1 hour

Ingredients

- 1½ packet 300 grams/about ¾ of a pound roasted Vermicelli*
- 2 litres half and half cream or 1 litre whole milk & 1 litre cream
- 1 ½ cup sugar (or more, to taste!)
- 5 - 6 green cardamom pods, bruised and opened
- ½ tsp Saffron strands soaked (see below)
- 1 ½ tsp Rose Water*
- 2 tsp Kewra Water (Screwpine Water)*
- 3-4 teaspoons very finely chopped almonds
- ¼ cup regular or 2 % milk

* I always use National Foods Vermicelli that’s already roasted. If you can’t get this brand, look for any roasted vermicelli in a South Asian, Afghan or Iranian grocery store. If not roasted, place on a skillet on low heat and roast gently until the strands are crisp and medium brown. Break into pieces afterwards. **Rose** and **Kewra Water** are available at most South Asian grocery stores.

1. Heat ¼ cup milk. Crush Saffron threads between a piece of foil, and soak in the milk. Cover and store in fridge or cool place overnight or at least 4 hours.
2. Break the Vermicelli by hand into roughly 1 inch pieces.
3. In a deep pot: pour the half and half cream, add bruised and opened cardamom, seeds and skin, and bring to a boil, slowly, stirring so that it doesn’t stick to the bottom.
4. Add Vermicelli and cook on medium heat for about 10-15 minutes. The heat has to be right –not too hot because then your liquid will evaporate and the dessert may become too thick (if that happens, just add a little heated regular milk) -- but not too low either.
5. Cook until the Vermicelli become softer and the half and half reduces a little. Test the strands between your fingers; if they squish a little, they are done. If they break, cook some more.

6. Start adding the sugar. I usually add a little at a time and taste to make sure it's the right amount of sugar. So add more or less sugar, to taste. Cook for about 5 – 6 minutes.
7. Remove from the stovetop and let it cool for 30 minutes, then fold in the $\frac{1}{4}$ cup milk with the saffron, add Rose and Kewra Water, and garnish with a dusting of finely chopped almonds.
8. Chill well before serving.