

Top 10 Indian Desserts That You Must Try!

Indian food is a favorite around the world. It has unique flavors and an authentic style that makes people from all cultures enjoy it. One of the favorites of Indian cuisine is the desserts. You cannot have a proper Indian meal without ending it with a mouth watering, authentic Indian dessert. Here is a list of the top 10 Indian desserts that you must try.

Dessert #1: Gulab Jamun

Gulab Jamun is a dumpling dessert that uses dumplings made from reduced milk that are deep fried and then soaked in a rose sugar syrup. The syrup can also be flavored with cardamom seeds or saffron.

Dessert #2: Gaajar Ka Halwa

Gaajar Ka Halwa, carrot pudding, is a rich tasting dessert that is most often enjoyed warm. This pudding is filled with nuts and dried fruit. It may be served with vanilla ice cream.

Dessert #3: Kulfi

Kulfi is the Indian form of ice cream. It has a deep milky flavor which is highlighted by the addition of cardamom. Of course, like most ice creams, kulfi comes in other flavors besides cardamom. You can get it flavored with everything from apple to pistachio.

Dessert #4: Jalebi

Jalebi is a deep fried, sweetened treat. It is fried to be crispy and then soaked in a sugar syrup.

Dessert #5: Ras Malai

Ras Malai are dumplings that are made from either cottage or ricotta cheese. The dumplings are soaked in a thickened, sweet milk that is flavored with cardamom. This dessert is served chilled.

Dessert #6: Kheer

Kheer is a simple rice pudding that is flavored with cardamom. Kheer also contains nuts and usually also contains raisins.

Dessert #7: Shahi Tukra

Shahi Tukra is a bread pudding that is loaded with dried fruit and flavored with cardamom. It is made by deep frying bread and then mixing the bread with a rich pudding.

Dessert #8: Besan Ka Laddoo

Besan Ka Laddoo is a very popular Indian dessert. It is often found served at festivals and on special occasions. There are many versions of this treat, but generally it is made with gram flour which is adding in with almonds, sugar and cardamom and then shaped into balls to be fried.

Dessert #9: Malpua

Malpua are Indian pancakes. They are similar to fritters and served with a syrup. Malpua is made with a mashed fruit, often bananas, mixed with flour, milk and flavoring which is then deep fried and soaked in a syrup before serving.

Dessert #10: Gujia

Gujia, also called Nuereos, are made differently throughout India. They are dough that is filled with thickened sweetened milk with nuts. In some areas raisins, coconut and other goodies are added to the filling.

There you have it, the top 10 Indian desserts that you must try. They are all delicious and have something special about them. Once you try one dessert you are sure to want to explore the other nine. Indian desserts offer you a unique flavor that is something you simply cannot pass up.