

Saffron Cardamom Baked Yogurt

A classic, easy dessert with an old-fashioned charm. This creamy, plush, velvety smooth Saffron Cardamom Baked Yogurt is pure bliss!

Thank you, Natasha Minocha, for the recipe inspiration!

You'll find the original recipe below, plus my non-dairy version.

Ingredients for Baked Yogurt

400 ml full-fat Greek Yogurt or vegan yogurt (Sprouts is best)

150 ml Condensed milk or condensed coconut milk

1-2 tbsp honey

1 tsp Saffron strands

1 tsp green cardamom pods, shell removed and seeds crushed



Ingredients for Mango Saffron Sauce

1/2 Mango, diced (fresh or frozen)

1/4 tsp Saffron strands

1/2 cup Water

Honey to taste

Preparation

- ★ Preheat your oven to 160 C. Keep a deep baking tray and 4 ramekins ready.
- ★ Combine the yogurt, condensed milk and honey in a bowl. Make sure the mixture is smooth. Taste and adjust for sweetness.
- ★ Whisk in saffron and cardamom.
- ★ Divide the mixture equally between the 4 ramekins. Place them in the baking pan. Pour hot water carefully in the pan. It should cover 1/4 of the pan. Loosely cover the pan with aluminum foil.
- ★ Place the baking tray in the oven and bake for 20-30 minutes or until the top of the yogurt seems slightly set. Switch off the oven. Leave the ramekins in the oven for another 10 minutes with the oven door open. The yogurt will still be quite wobbly.
- ★ Refrigerate the yogurt pots until completely chilled. Top with the mango saffron compote, pistachio slivers, and rose petals. Enjoy!

Mango Saffron Sauce

- ★ Combine mango, saffron, and water in a small saucepan. Cook on low heat till the mango is very soft and cooked through.
- ★ Cool and puree the mixture. Stir in honey according to taste.