



Agri-business Incubation Centre ICAR - Central Avian Research Institute

Izatnagar - 243 122 (U.P)



CARI Egg Rasmalai

Rasmalai is one of the most popular Indian desserts, where soft, fresh paneer or milk balls are simmered in fragrant thickened milk. But what makes the Egg Rasmalai different is that here milk powder and eggs along with refined wheat flour are used to make the balls, which results in a unique texture - slightly chewy, spongy and creamy at the same time. Thus, CARI Egg Rasmalai is a very easy to make and nutritious delicacy suitable for all age groups of people, as it does not require additional fat. It is best served chilled.



Processing cost: Approximately Rs. 200/kg on prevailing prices of raw material.
Shelf-life: Max. 3 days at refrigeration temp. ($4\pm 1^{\circ}\text{C}$) under aerobic packaging condition.

Required Equipment/Utensils



Nutritional Information (% w/w)

Composition	Nutritional Values Per 100g:
Moisture	32.5-45.0
Crude Protein	18-21
Fat (Ether Extract)	15-18
Total Ash	3.0-4.5
Carbohydrate	19-24
Crude Fiber	0.0-0.05
Calorific Value (kcal/100 g)	343

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