


# Raksha Bandhan Sweets

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# Anjeer Slices

## Ingredients

500 gms. dried figs (anjeer) chopped,  
soaked in just enough water for 2 hours  
300 gms. sugar  
100 gms. khoya, crumbled finely  
100 gms. each almonds & pistachios halved  
1/2 tsp. cardamom powder  
Icing sugar for dusting  
Silver foil (optional)

## Method

Drain soaked figs, run in mixie for few seconds to crush coarsely.  
Mix figs, sugar, khoya in nonstick pan.  
Put to heat on low, stirring continuously, till a soft lump forms.  
Add cardamom powder, sliced nuts, mix well, take off fire.  
When cooled enough to handle, make 1" wide cylindrical rolls, 6" long.  
Dust with icing sugar to handle easily.  
Cover with silver foil if desired.  
Place in a tray, refrigerate to cool and harden slightly.  
Cut into half inch thick slices, with a sharp knife.  
Arrange in airtight container, using butter paper to separated layers, if necessary.

# Badam Kheer

## Ingredients

25 almonds (badam)  
1 litre milk  
1/2 cup water  
1/2 cup sugar  
1/4 tsp. cardamom powder  
10-15 strands saffron, crushed, soaked in 1 tsp. warm milk  
1 tsp rose water  
5 pistachios crushed coarsely

## Method

Soak almonds for 30 mins in hot water  
Peel the skin of almonds  
Grind the almonds into paste with 1/2 cup water  
Bring the milk to boil in heavy pan  
Add almond paste  
Keep stirring occasionally till semi-solid  
Add sugar, cardamom powder, rose water and saffron  
Cook for 2 minutes  
Garnish with pistachios  
Serve chilled or hot

# Lychee Kheer

## Ingredients

1 cup chopped lychee  
2 tbsp rice  
1/2 tsp. cardamom powder  
few drops of kewra essence  
1 litre milk  
1/2 cup sugar  
5 pistachios crushed coarsely  
10 almonds crushed coarsely

## Method

Coarsely grind the rice  
Wash and soak for 30 minutes  
Heat milk, bring to a boil  
Add rice, stirring continuously, till boiling resumes  
Simmer, stirring occasionally, to keep rice from sticking to bottom  
Allow rice to cook fully  
Add lychee and stir for 5 mins.  
Add sugar, cardamom, essence, almonds and pistachios  
Stir, simmer for 2 minutes  
Serve chilled

# Phirni

## Ingredients

3 cups milk  
3 tbsp. rice washed and soaked in water for 2 hours  
3/4 cup sugar  
1 tbsp. almonds, blanched and slivered  
1 tbsp. pistachios, peeled and slivered  
3/4 tsp. cardamom powdered  
1/4 tsp. kewra, saffron, or icecream essence as desired  
silver foil (optional)

## Method

Grind rice to a fine, smooth paste, keep aside.  
Put milk to boil. on high flame, in a heavy deep pan.  
Slowly pour in rice paste, stirring continuously to avoid lumps.  
Stir and cook till mixture is thick.  
Add sugar, stir to dissolve.  
Mix cardamom in 1 tsp. cold milk or water, mix into mixture.  
Mix in essence, pista and almonds, saving some for garnishing.  
Pour mixture into a glass bowl or individual bowls.  
Cool, chill till it looks set.  
Garnish with silver foil and remaining chopped almonds and pistachios.

# Rice Flakes Kheer

## Ingredients

1 cup rice flakes (poha)  
1 litre milk  
1/2 cup sugar  
10 raisins  
10-12 strands saffron  
5 pistachios crushed coarsely  
1/2 tsp. cardamom powder

## Method

Wash the rice flakes with water

Drain the water

bring to boil the milk

Add rice flakes

Cook till the kheer is semi-solid (or preferred consistency is reached)

Add sugar and stir till sugar dissolves

Add remaining ingredients

Serve hot.

# Doodhi Kheer

## Ingredients

1 litre milk  
2 cups peeled and grated doodhi  
3/4 cup sugar  
1/2 tsp cardamom powder  
15-20 strands of saffron, crushed in 1 tsp. hot milk  
10 pistachios, unsalted, thinly slivered  
1 tsp. ghee

## Method

Heat ghee in heavy deep pan

Fry grated doodhi for 5 mins.

Add milk and stir gently to bring to a boil.

Reduce the flame, and let it cook till milk thickens

Add sugar, stir till dissolved

Add cardamom, saffron, cardamom, and pistachios.

Mix and take off fire.

Serve hot.

# Doodh Payesh

## Ingredients

1 litre milk  
1 cup brown broken rice  
1/2 cup sugar  
1/4 tsp. cardamom powder  
1/2 cup condensed milk  
15-20 raisins

## Method

Cook the rice  
Add milk, condensed milk and sugar to rice  
Mix well  
Let it boil till payasam thickens  
Add cardamom powder and raisins  
Stir the payasam  
Serve hot or cold.

# Sooji Ki Kheer

## Ingredients

1 litre milk  
3/4 cup sooji (rava)  
1/2 cup sugar  
1/2 tsp. cardamom powder  
10-12 strands saffron  
10 almonds crushed coarsely  
5 pistachios crushed coarsely  
1 tsp. ghee

## Method

Heat ghee in a heavy deep pan.  
Add sooji and stir till lightly roasted  
Boil milk in another pan  
Add sooji, stir continuously so no lumps form  
Cook till the kheer is semi-solid (or preferred consistency is reached)  
Add sugar and stir till sugar dissolves  
Add remaining ingredients  
Serve hot.

# Baati Ki Kheer

## Ingredients

1 litre milk  
1/2 cup sugar  
1/4 tsp. cardamom powder  
1 cup leftover baati pieces

## Method

Either crush baati with hand coarsely, or chop into tiny cubes.

Heat milk, bring to a boil, simmer for 10 minutes.

Add baati, simmer for 5 minutes, add sugar, stir to dissolve.

Add cardamom powder, stir, simmer for 2 minutes.

Serve hot as an even meal by itself.

# Cashewnut Kheer

## Ingredients

- 1 litre milk
- 3/4 cup cashewnuts soak for 3-4 hours in warm water
- 1/2 cup sugar
- 1 tsp. each almonds & pistachios, slivered thinly
- 1/4 tsp. cardamom powder
- 1/4 tsp. saffron, soaked in a tbsp. hot milk

## Method

- Rub saffron with pestle till dissolved, keep aside.
- Drain water from cashewnuts, grind to a smooth paste, saving some for garnish.
- Put milk to boil in a large heavy pan
- Add sugar, allow to simmer for 10-12 minutes, stirring occasionally.
- Add cashewnut paste, stir and resume boil, simmering on low for 2-3 minutes.
- Add slivered dry fruit, mix, take off fire.
- Pour into individual bowls.
- Sprinkle bits of cashew on each.
- Spray some saffron milk on top, with a small kitchen brush or with hands.
- Serve hot, and fresh.

# Wheat Germ Kheer

## Ingredients

- 1 litre milk
- 3/4 cup coarse wheat germ
- 1 cup water
- 1/2 cup sugar
- 1 tsp. each slivered almonds and pistachios
- 1/4 tsp. cardamom powder
- 1 drop kewra essence (optional)

## Method

Heat water in a large vessel, bring to a boil.

Add wheat germ, stirring occasionally.

Simmer for 5 minutes, add hot milk.

Bring back to a boil, simmer for 15 minutes, stirring frequently.

Boil till wheat germ is cooked.

Add sugar, stir to dissolve, and allow kheer to thicken a bit.

Add all other ingredients, simmer for 2-3 minutes more.

Serve piping hot, on a monsoon morning, for a nutritious breakfast.

# Sweet Potato Kheer

## Ingredients

- 1 litre milk
- 1 medium sweet potato
- 1/3 cup sugar
- 1/4 tsp. cardamom powder
- 1 tbsp. fine vermicelli
- 1 tsp ghee
- 1 tsp. raisins
- 1 tsp. almonds slivered thinly
- 1 tsp. pistachios slivered thinly

## Method

Pressure cook sweet potato for 3-4 whistles till tender. The skin will come off easily now, so peel neatly.

Chop into tiny pieces, or grate coarsely.

Heat ghee in a heavy pan, add vermicelli, stir fry till light golden.

Drain with a slatted spoon, keep aside.

Add hot milk, bring to a boil stirring occasionally.

Simmer for 7-8 minutes. Add cooled sweet potato, cardamom powder, sugar.

Stir to dissolve sugar completely. Add all other ingredients, simmer for 2 minutes. Serve hot.

Always add the potatoes just few minutes before serving.

Reheat prepared kheer to a boil, add potato, resume boil, then serve.

# Carrot Kheer

## Ingredients

- 1 litre milk
- 2 carrots, peeled grated
- 1/2 cup sugar
- 1/4 tsp. cardamom powder
- 8-10 raisins
- 8-10 rose petals (optional)
- 8-10 pistachios unsalted, skinned, slivered thinly

## Method

Put carrot in boiling water, cover pan, keep aside for 5 minutes.

Drain, pour cold water over it.

Squeeze out all water, by pressing between palms.

Keep aside.

Put milk to boil in a large pan.

Simmer for 15 minutes, stirring frequently.

Add sugar, bring back to boil.

Add carrot, simmer for 2-3 minutes.

Garnish in serving bowl with raisins, pistachios, rose petals.

Serve hot, or chilled as desired.

Do not reheat or it might curdle.

# Dry Fruit Kheer

## Ingredients

- 1 litre milk
- 3/4 cup sugar
- 1/4 tsp. cardamom powder
- 15 strands saffron crushed, soaked in 1 tsp. hot milk
- 10-12 raisins
- 10-12 currants
- 10-12 almonds slivered
- 10-12 pistachios, slivered
- 5-6 dried peaches, quartered
- 5-6 dried apricots, nut removed, broken to bits

## Method

Soak raisins, currant, peaches, apricots, in hot water for 10 minutes.

Boil milk, with cardamom, saffron and sugar for 10 minutes.

Drain soaked dry fruit, add to boiling milk, stir gently.

Simmer, stirring occasionally, for 5 minutes.

Add almonds, pistachios, take off fire.

Serve hot.

# Chocolate Kheer

## Ingredients

- 1 litre hot milk
- 3/4 cup sugar
- 1 tbsp. cocoa powder
- 1/4 tsp. cochineal colour (optional)
- 1 tbsp. grated almond powder
- 1 tbsp. halved, blanched roasted almonds
- 1 tbsp. chocolate buttons

## Method

Dissolve cocoa, almond powder, in 1 cup milk.

Put remaining milk to boil with sugar.

Allow to simmer for 15 minutes.

Add cocoa mixture, cochineal, almond halves, stir.

Simmer for 1-2 minutes.

Serve, sprinkling a few buttons in individual bowls.

# Bread Kheer

## Ingredients

- 1 litre milk
- 4 slices milk bread, crusts removed
- 1/2 cup sugar
- 1 tbsp. sugar, powdered
- 1 tsp. icing sugar
- 1/4 tsp. cardamom powder
- 10-12 strands saffron, crushed, soaked in 1 tsp. hot milk
- 10-12 almonds, slivered
- 10-12 pistachios, slivered

## Method

Spread bread slices on a plate, sprinkle powdered sugar, 1 tsp. milk.

Crumble, mix, gently make small marble-like balls.

Dust with icing sugar, to keep separate.

Place in refrigerator for 20 minutes or till required.

Put milk to boil, simmer for 15 minutes.

Add all ingredients, except bread balls.

Boil for 2 minutes. Keep hot to serve.

Just before serving add bread balls, serve hot.

# Rice Kheer

## Ingredients

1 litre milk  
1/4 cup rice, washed and soaked for 30 minutes.  
3/4 cup sugar  
1/4 tsp. cardamom powder  
10-15 strands saffron, crushed, soaked in 1 tsp. warm milk  
10 almonds  
10 unsalted pistachios

## Method

Crush almonds, pistachios coarsely, keep aside.  
Boil rice in plenty of water till half done.  
Drain, spread on a plate, to cool grains.  
Heat milk, bring to a boil.  
Add rice, stirring continuously, till boiling resumes.  
Simmer, stirring occasionally, to keep rice from sticking to bottom.  
Allow rice to cook fully, but not get mushy.  
Add sugar, cardamom, saffron, almonds and pistachios.  
Stir, simmer for 2 minutes, serve piping hot.

**Note:** This kheer served with hot wheat flour puris, tastes excellent. One should dip pieces of the puri in this kheer and pop into the mouth. Is traditionally served this way as part of a meal in some parts of Rajasthan

# Saboodana (Sago) Kheer

## Ingredients

4 cups milk  
1 cup water  
1 tbsp. sago granules  
1/4 tsp. cardamom powder  
3/4 cup sugar

## Method

Wash and drain sago, keep aside for 10 minutes.

When moisture is absorbed, loosen grains.

Heat water, add sago, bring to a boil while stirring.

Reduce heat, simmer for 5-6 minutes, add a tbsp. more water if required.

Add milk, bring back to a boil.

Simmer for 5 minutes, add sugar, cardamom.

Stir occasionally, simmer till sago granule is cooked, but not mushy.

Check by pressing it between thumb and finger -- should flatten on pressing.

Serve hot, with nuts if desired.

# Sevai (Vermicelli) Kheer

## Ingredients

- 1 litre milk
- 1/2 cup fine vermicelli broken to 1" bits
- 1 tsp. ghee
- 3/4 cup sugar
- 1/4 tsp. cardamom powder
- 15-20 strands of saffron, crushed in 1 tsp. hot milk
- 10 almonds, blanched and thinly slivered
- 10 pistachios, unsalted, thinly slivered

## Method

- Heat ghee in a heavy deep pan.
- Add broken vermicelli , stir till lightly roasted.
- Add hot milk, stir gently to bring to a boil.
- Reduce heat allow to simmer for 5 minutes.
- Add sugar, stir till dissolved.
- Add cardamom, saffron, cardamom, almonds and pistachios.
- Mix and take off fire.
- Serve hot and wholesome.

# Gulab Jamoon

## Ingredients

500 gms. khoya 125 gms. plain flour  
1/4 tsp. baking soda  
1/4 cup milk  
1/4 tsp. cardamom powder  
1 pinch saffron strands  
250 gms. sugar  
ghee to deep fry

## Method

Crumble the khoya. Sieve in the flour and soda together. Mix in the cardamom powder and crushed saffron.

Mix well to form a soft dough. Use as much milk as required for kneading. Make balls of even size. Makes about 25-30.

Heat the ghee very well. Take off fire and cool a little. Let in some of the jamoons.

When they rise up put back on fire and fry till medium brown. Remove from ghee and put in the syrup. Soak for 10 minutes. Drain and transfer to a glass bowl.

Repeat for all the balls. When done pour the remaining syrup over the jamoons.

Microwave lightly or warm over boiling water before serving.

## To make the syrup:

Take the sugar in a heavy pan and add water to just cover the sugar. Boil and add a tbsp. of milk to separate the dirt. Strain and boil again. The syrup is done when , while dropping from a spoon it falls in a thin single thread.

# Malai Ladoo

## Ingredients

1/2 cup condensed milk  
250 gms. paneer (cottage cheese)  
2-3 drops kewra essence  
1/4 tsp. yellow colour

## Method

Mash paneer.

Add condensed milk and cook on slow flame, stirring continuously.

Cook till thick and sides leave.

Add essence and remove from flame.

Mix well.

Pour on plate.

Cool. Make ladoos.

Sprinkle powdered elaichi and decorate.

# Rossogolla

## Ingredients

1 litre milk  
1/2 tsp. citric acid  
1 1/2 cups sugar  
4 cups water  
2-3 drops rose essence

## Method

Heat the milk and bring to boil.

Cool the milk for a couple of hours. Remove the cream layer.

Reheat the milk and bring to a boil. Add the citric acid dissolved in some water.

Stir slowly till the milk is fully curdled. Keep as it is for 5 minutes.

Meanwhile heat the sugar and water in a wide sauce pan. Bring to a boil.

Strain the milk through a muslin cloth. Wash the chenna in the cloth under cold running water.

Press out the excess water and remove in a wide plate.

Gently knead into a soft dough by passing between fingers.

Make twelve equal sized balls of the dough.

Let them into the boiling water. Cover with a perforated lid. Boil for 13 to 15 minutes.

Take off from heat and cool them to room temperature.

Add essence and chill for at least 4 to 5 hours.

# Beet Root Halwa

## Ingredients

1 kg beet root  
1 1/2 litre milk  
400-500 gm sugar  
elaichi powder (cardamom)  
saffron few flakes  
1 tbsp ghee

## Method

Peel and grate beet root.

Put milk and beet root in a heavy saucepan.

Boil till thick, stirring occasionally.

Once it starts thickening, stir continuously.

Add sugar and cook further till thickens.

Add ghee, elaichi, saffron and colour.

Stir on low heat till the mixture collects in a soft ball or the ghee oozes out.

Serve hot, decorated with a chopped almond or pista.

# Atte Ka Seera

## Ingredients

2 tbsp. wheat flour

2 1/2 tbsp. ghee

3/4 to 1 cup sugar or molasses (jaggery)

elaichi powder

chopped pista and almonds

## Method

Add flour and roast on slow fire, stirring continuously

Side by side add to sugar 2 1/2 cups water and keep to boil

When the atta becomes a golden brown, add the boiling sweet water

Stir gently and continuously till excess water evaporates and the ghee separates.

Decorate with chopped nuts.

# Chickoo Halwa

## Ingredients

6 chickoos  
1/2 tea cup milk  
1/4 - 1/3 cup sugar  
150 gms khoya or milk powder made paste.  
2 - 3 drops cochineal (essence)  
1 tbsp ghee

## Method

Peel and mash chickoos or blend. Add milk and boil in heavy saucepan.

When slightly thick add khoya and cook, stirring continuously.

Add sugar and ghee. Cook on low turning continuously till ghee oozes.

Garnish with almond or walnut in centre of the halwa.

# Doodhi Halwa

## Ingredients

1 kg doodhi  
1 1/2 litre milk  
400-500 gm sugar  
elaichi powder (cardamom)  
saffron few flakes  
1 tbsp ghee

## Method

Peel and grate doodhi.

Put milk and dudhi in a heavy saucepan. Boil till thick, stirring occasionally.

Once it starts thickening, stir continuously.

Add sugar and cook further till thickens. Add ghee, elaichi, saffron and colour.

Stir on low heat till the mixture collects in a soft ball or the ghee oozes out.

Serve hot, decorated with a chopped almond or pista.

# Carrot Halwa

## Ingredients

1 kg juicy orange carrots  
1 1/2 litre milk  
400-500 gm sugar  
elaichi powder (cardamom)  
saffron few flakes  
few drops orange colour (optional)  
1 tbsp ghee

## Method

Peel and grate carrots.

Put milk and carrots in a heavy saucepan. Boil till thick, stirring occasionally.

Once it starts thickening, stir continuously.

Add sugar and cook further till thickens. Add ghee, elaichi, saffron and colour.

Stir on low heat till the mixture collects in a soft ball or the ghee oozes out.

Serve hot, decorated with a chopped almond or pista.

# Badam ka Seera

## Ingredients

1 1/2 cup almonds soaked overnight  
3 cups hot milk  
250 gm ghee  
1/2 to 1/3 cup sugar

## Method

Peel the almonds, wash and grind to fine paste.

Heat ghee in a heavy pan.

Add paste and cook on first high then slow flame, stirring continuously.

After a while it should turn a light brown and aromatic.

Carefully pour hot milk and stir.

Use a long-handled spatula as the mixture tends to splatter.

When thickens, add the sugar and cook, stirring continuously and gently till ghee begins to separate.

Decorate with chopped nuts and serve hot.

# Kalakand

## Ingredients

2 liters milk

1/2 to 3/4 cup sugar

chopped nuts to decorate (pista, almonds)

silver foil (optional)

1/2 tsp citric acid dissolved in 1/2 cup water.

## Method

Boil half the milk and add the citric solution as it comes to boil

Switch off gas. Once the chenna settles sieve through muslin cloth, press out excess water, take in a plate and press down.

Do not knead.

Put the remaining milk in a heavy pan and boil to half.

Add the chenna and boil till the mixture thickens, stirring continuously.

Add the sugar and continue to cook, stirring all the while till softly thickens in a lump.

Set in a tray, apply silver foil and sprinkle the chopped nuts.

# Khajur Burfi or Rolls

## Ingredients

- 1 tin condensed milk
- 1 kg khajur deseeded (dates)
- 250 gm mixed dry fruits (badam, cashew, pista)
- 1/2 cup desiccated dry coconut

## Method

Break up khajur coarsely

Add milkmaid and dry fruit all in a heavy, non-stick pan.

Cook on slow flame, stirring continuously.

Do not allow to stick to bottom.

It takes a while to cook

Stir gently till a soft lump forms.

Spread some of the coconut on a butter paper sheet.

Grease hands and take a chunk of the mixture and roll into a thick roll, on the sheet, all the coconut to cover it.

Chill the rolls in the fridge

Cut into slices

Or set in a tray and cut into squares.

# Kaju Burfi

## Ingredients

150 gm cashewnuts  
400 gm sugar  
elaichi powdered  
silver foil (optional)  
500 gm khoya

## Method

Dry grind the cashew

Mix khoya (grated) and sugar

Heat in a heavy pan, stirring continuously.

Once the sugar dissolves, add the cashew (powdered) and elaichi

Cooking, constantly stir till soft lump is formed and does not stick to sides

Roll on a flat surface to desired thickness and apply silver foil.

# Shrikhand

## Ingredients

1/2 kg. curds  
300 gms. sugar  
1/2 tsp. cardamom powder  
few strands saffron  
1/2 tbsp. pista & almond crushed

## Method

Tie curd in a clean muslin cloth overnight. (6-7 hours).

Take into a bowl, add sugar and mix.

Keep aside for 25-30 minutes to allow sugar to dissolve.

Rub saffron into 1 tbsp. milk till well broken and dissolved. Keep aside.

Beat well till sugar has fully dissolved into curd.

Pass through a big holed strong strainer, pressing with hand or spatula.

Mix in cardamom powder and dissolved saffron and half nuts.

Empty into a glass serving bowl, top with remaining nut crush.

Chill for 1-2 hours before serving.

# Kaju Katli

## Ingredients

500 gms. cashews soaked 2 hours in water  
300 gms sugar  
1 tbsp. ghee  
1/2 tsp. cardamom powder  
silver foil (optional)

## Method

Drain and grind cashews to a fine paste.  
Use as little water as possible.  
In a heavy saucepan put sugar and paste.  
Cook on slow to medium heat.  
Cook stirring continuously till a soft lump is formed.  
Add ghee and cardamom powder and mix well.  
Spread on a clean greased work surface.  
Roll lightly with a rolling pin, to 1/8" thickness.  
Apply silver foil. Cool, cut into diamond shaped katlis.

# Mishti Doi

## Ingredients

1 litre full cream milk  
1 1/2 cups sugar  
2-3 tbsp. water  
3/4 tbsp. fresh curds

## Method

Put the milk to boil with 1 cup sugar.

Bring to boil and further boil for 7-8 minutes.

Meanwhile put remaining sugar in a heavy saucepan.

Heat on high stirring continuously, till brown like caramel.

Add water and stir well till boil is resumed.

Add to the boiling milk and stir well.

Boil for a further 5-7 minutes.

Cool till warm. Add curds and stir.

Either pour into individual cups or a single vessel.

Cover with lids or lid.

Keep in a warm, dark, dry place (e.g. a kitchen cupboard) till set.

# Puranpoli

## Ingredients

300gms. channa (yellow gram) dal  
300 gms. jaggery (molasses)  
1 tsp. cardamom powder  
150 gms. plain flour  
1 tbsp. ghee  
warm water to knead dough  
ghee to serve

## Method

Boil dal in plenty of water till soft but not broken. Drain in a colander for 10-15 minutes. Pass through an almond grater little by little till all dal is grated. Mash jaggery till lumps break.

Mix well into dal. Put mixture in a heavy saucepan and cook till a soft lump is formed. Take care to stir continuously, so as not to charr. Keep aside. Mix ghee, flour, add enough water to make a soft pliable dough.

Take a morsel sized ball of dough, roll into a 4" round. Place same sized ball of filling in centre, life all round and seal. Re roll carefully to a 6" diameter round. Roast on warm griddle till golden brown.

Repeat other side. Take on serving plate. Apply a tsp. of ghee all over top.

OR

Shallow fry on griddle like a paratha for a better flavour. But this method will consume more ghee and therefore calories. Serve hot with dal or amti.

**Note:** The water drained from boiling dal is used to make the amti. ( a thin curry made using black masala, garam masala and some mashed dal.)

# Coconut Burfi

## Ingredients

2 cups coconut scrapped  
1 cup coconut coarsely shredded  
1 -1/2 cups sugar  
1 cup milk  
1 tbsp. butter  
1/4 tsp. cardamom powder

## Method

Mix both types of coconut in a large heavy pan.

Add Add milk and cook till bubbles appear.

Continue cooking, stirring continuously, for 10-12 minutes.

Simultaneously, boil sugar in 1/2 cup water to make 2-1/2 thread syrup. (refer sugar syrup)

Pour into coconut, stirring gently and continuously.

Add butter, and continue stirring, till a soft lump is formed.

Empty into greased large plate, pat even very lightly.

Cool and cut into squares.

Cool and set completely before transferring to container.

Store in airtight containers.

**Note:** Never use the brown skin of the coconut while grating, or scrapping. Use the whitest possible. Otherwise the burfi will get discoloured, though taste will not differ much.

# Pinnie

## Ingredients

250 gms. wheat flour

250 gms. ghee

250 gms. sugar ground

3-4 tbsp. milk

1 tsp. cardamom powder

## Method

Melt ghee in a heavy pan.

Add, flour and cook on med/low flame.

Stir continuously, till med. brown.

When aroma exudes, and properly browned, take off fire.

Spread in a large plate.

Cool till a shade above room temperature.

Sprinkle cardamom powder and sugar.

Mix well. Sprinkle milk.

Mix again and form tight fist shaped pinnies.

This is done by taking some mixture and pressing in the fist.

# Bombay Chewy Halwa

## Ingredients

1 cup fine semolina  
sugar as required in recipe  
ghee 1 to 1 1/2 cups, as required in recipe  
1/5 tsp. citric acid powdered  
1/2 cup blanched peeled almonds, halved  
1/4 cup green pistachios halved  
1/2 tsp. cardamom powder  
saffron as desired  
food colour red/green/yellow, as desired

## Method

Soak semolina in enough water for 3 hours. Drain, rub gently between fingers, wash 3 times with fresh water.

Keep aside to settle again, discard top water, grind to a very smooth paste.

Add enough water, to make a thin batter. Heat one cup ghee in a large heavy pan, allow to cool.

Add batter, stir well, till smooth. Place on heat, cook while stirring continuously, add ghee little by little.

Cook to form a transparent, soft lump. Add sugar, stirring again, till it is liquefied, and again a soft lump forms.

When ghee starts separating, take off fire, sprinkle citric acid. Stir well, mix in toppings and set in a , rectangular, greased, tray.

Make incisions when cooled but still soft. When completely cooled, separate pieces, wrap each in clean thin pieces of polythene or cling film.

Store in airtight container.

# Rava Ladoo

## Ingredients

Rava 1 cup  
Desiccated Coconut 1/2 cup  
Powdered Sugar 1 cup  
Ghee 4 tsps  
Cashews chopped  
Raisins  
Powdered Elaichi 1/2 tsp.  
Milk 1/4 cup

## Method

Fry the Rava with ghee till it slightly changes colour, then add the desiccated coconut.

Shut the gas off and add the remaining ingredients except milk.

Now mix everything thoroughly and sprinkle the milk over it to enable to form round balls.

Cooking time 20/25 mins.

# Doodh Pedah

## Ingredients

1 cup any milk powder  
3/4 cup sugar  
75 gms unsalted butter  
Cardamom for good flavour  
Nuts for garnishing

## Method

Keep heavy based pan on the stove with three table spoon water in it.

Add sugar and make it single\*\* string consistency syrup. Then simmer the stove.

And add butter then stir the liquid till butter melts.

Add the milk powder and cardamom, mix well. The mixer will become batter then put off the stove.

And take away the pan and keep it aside.

After one or two hours the batter will become more thicker, make balls and flatten it like small biscuits.

Garnish with chopped nuts.

\*\* Single string consistency should be perfect.

Serves 18 to 20 pieces.