

# Diwali Recipes

# Sandesh Diyas

## Ingredients

1 litre milk  
1/2 cup curds  
2 slices well drained canned pineapple slices  
3 tbsp. sugar

## Method

Heat milk till it starts to boil. Beat curds, add, stir till curdled.

Add more curds if required.

Take off fire, pour into a colander, lined with a muslin cloth.

Hold cloth securely, wash contents of soft cheese with running water.

Press out excess water gently. Transfer soft cheese into a pan.

Add sugar, heat very lightly, till sugar melts.

Take off fire, cool till warm. Run in a mixer till mixture is very smooth.

Take into a plate. Run drained pineapple pieces also, till well crushed.

Press out excess liquid, add to plate. Mix well, chill till stiff, shape into solid diya shapes.

Use a hollow mould if required. Paint to highlight with foodcolour if desired.

Chill very well, store in lidded container in refrigerator.

**Courtesy : Saroj Kering**

# Marbled Diyas

## Ingredients

1/2 recipe Coconut diya mixture

1/2 recipe Fudgy diya mixture

## Method

Make both mixtures simultaneously or following immediately.

While both are still quite warm, break large lumps of them, in a plate.

Mix with a light but firm hand, till a marble finished lump is got.

Quickly shape diyas over moulds or free hands, as desired.

Decorate or fill also as desired.

Cool till firm, store wrapped individually in airtight container.

**Courtesy : Saroj Kering**

# Fudgy Diyas

## Ingredients

1/2 cup walnuts crushed  
1/2 cup cashews crushed  
1-1/2 cups biscuits (marie or glucose), crushed  
1/2 cup sugar  
1/2 cup butter  
2 tbsp. cocoa powder  
1/2 tsp. vanilla essence

## Method

Put sugar, cocoa, butter in a nonstick pan.  
Cook while stirring, till well dissolved.  
Take off heat, mix in all other ingredients.  
Allow to cool till it can be handled.  
Grease palms, shape into diyas, as for other recipes.  
Cool well till firmed, fill if and as desired.  
Store in airtight container.

**Courtesy : Saroj Kering**

# Almond Diyas

## Ingredients

200 gms. almonds, soaked, peeled  
120 gms. sugar powdered  
few drops yellow colour

## Method

Grind almonds to a very fine paste.  
Mix sugar and almond paste, in a heavy pan.  
Put to heat, cook, while stirring continuously.  
Take care not to let it stick to bottom and burn.  
Cook till a soft lump forms, and begins to leave sides of pan.  
Take off fire, allow to cool till mixture is handlable.  
Take half mixture, add yellow colour, mix till well blended.  
Shape into diyas either freehand, or with help of mould as in other recipes.  
Fill cavity with yellow mixture, smoothen surface with back of spoon.  
Cover outer surface with silver foil, or decorate as desired.  
Allow to cool either in cool dry place or in fridge till well set.  
Decorate or store in airtight container.

**Courtesy : Saroj Kering**

# Sesame Diyas

## Ingredients

1 cup flat white, black or mixed sesame seeds  
1 cup sugar  
1/2 tsp. cardamom powder

## Method

Heat sugar in a very thick pan.

Stir gently, to make sure it melts evenly.

When fully melted, add in sesame and cardamom, mix.

Take off fire, mix well, by holding pan down, and folding with a spatula.

Grease hands generously with oil, take a blob at a time.

Mould over diya mould as for chocolate cereal diyas.

Repeat for all mixture, while it is still hot and mouldable.

Allow to cool and stiffen, before prying out.

Fill if desired with chocolate curls or transparent sweetened gelatine, in put wicks.

**Courtesy : Saroj Kering**

# Coconut Diyas

## Ingredients

4 cups dry coconut powder or fine flakes  
1 tin condensed milk  
1 tsp. butter or ghee  
1/2 tsp. cardamom powder

## Method

Empty condensed milk into nonstick or heavy pan.  
Add 3-1/2 cups coconut, mix well.  
Cook mixture on low heat, stirring continuously.  
Do not allow to scald at the bottom.  
Cook till mixture leaves side of pan, and forms a soft lump.  
Cool a little, till it can be shaped by hand.  
Grease palms with butter.  
Roll portions of mixture into pingpong sized balls.  
Shape carefully into diyas, with a depression and mouth for the wick.  
Coat with leftover dry coconut powder to help handling.  
Place a thin long sliver of almond or pista at the mouth for wick.  
Dot edge with jeera goli or cake balls.  
Chill to firm into shape.

**Courtesy : Saroj Kering**

# Chocolate Cereal Diyas

## Ingredients

1 cup chocolate chips or buttons  
2 tbsp. butter  
2 cup rice, wheat or other cereal

## Method

Line diyas moulds with foil paper well pressed. Keep aside.

Place a large pan or double boiler with water to boil.

Place a small pan or upper section over simmering water.

Add chocolate chips and butter, melt while stirring very gently.

When smooth and even in texture, add cereal.

Mix well, take off fire, cool a little.

Pour a small portion into a prepared diya, press into shape with back of a teaspoon.

Repeat for remaining mixture. Allow to cool and harden.

Refrigerate if necessary till hard.

Carefully pry out of mould, peel off foil, place on a plate.

Fill as desired. Repeat for all diyas.

**Courtesy : Saroj Kering**

# Jalebi

## Ingredients

200 gms. plain flour (maida)

20 gms. gram flour (besan)

200 gms. sugar

few drops yellow colour

2 tbsp. milk

ghee to deep fry

a plastic easy squeeze bottle

## Method

Sieve 100 gms. maida and besan together. Make a batter using warm water.

Keep aside for 24 hours. Add remaining maida and food colour and more warm water if required.

The batter should fall easily when poured - Not too thick not too thin, keep aside.

Make syrup of the sugar by adding water and boiling.

Add the milk and all the scum to form while boiling. Make one string syrup. Strain.

Fill bottle with batter. The nozzle should have a hole the thickness of a knitting needle.

Heat ghee well in a shallow frying pan and form jalebis in the form of concentric circles about 2 inches on the outside.

Fry till crisp, drop into hot syrup. Drain with a perforated spoon, serve hot.

**Courtesy : Saroj Kering**

# Sitaphal Rabdi

## Ingredients

- 1 cup sitaphal pulp
- 2 litres whole milk
- 3/4 cup sugar
- 4 almonds
- 4 green pistachios, unsalted
- 1/4 tsp. saffron strands
- 1/4 tsp. cardamom powder
- 1 tsp. chopped fragrant red rose petals

## Method

Crush almonds and pistachios coarsely, or cut into thin slivers.

Boil milk in a clean heavy pan.

Simmer for ten minutes, after it starts boiling.

Stir occasionally while boiling.

Add sugar, stir till dissolved.

Take off fire, add saffron, cardamom, almonds, pistachios.

Cool to room temperature.

Add sitaphal pulp, chill for 3-4 hours till very cold.

Put in individual serving bowls sprinkle very few chopped pistachios to garnish.

Serve chilled.

**Courtesy : Saroj Kering**

# Apple Shake

## Ingredients

1 apple, peeled, deseeded and chopped  
2 glass milk  
4 tbsp sugar

## Method

Run apple, milk and sugar in mixie, till apple is crushed completely.

Chill the shake.

Pour into glass, from a height, so froth forms.

Serve cold.

**Courtesy : Saroj Kering**

# Badam Doodh

## Ingredients

2 cups milk  
10 almonds  
few strands of kesar  
2 tsp sugar (more as per you taste)

## Method

Blanch the almonds, peel and cut into thin slices, lengthwise.

Soak kesar in 1 tbsp warm milk for 10-15 minutes.

Bring milk to boil.

Add soaked kesar, sugar and almonds.

Let it simmer on slow flame for a min.

Stir well.

Pour into cup, from a height.

This way a lot of froth will form on the milk.

Serve piping hot.

**Courtesy : Saroj Kering**

# Sevai 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.

**Courtesy : Saroj Kering**

# Anarsa

## Ingredients

4 cups rice  
3 1/2 cups sugar powder  
3 1/2 cups ghee  
1 tbsp. poppy seeds  
1/3 cup milk (approx.)

## Method

Wash and soak rice in plenty of water.

Change water everyday, repeating process for 3 days.

Now, drain all water, and spread on a clean cloth for 3-4 hours.

Grind to powder and sieve. Mix in sugar, press and keep aside for 2 hours.

Sprinkle milk little by little, kneading mixture into a soft pliable dough.

On a clean plastic sheet, sprinkle a few poppy seeds.

Take a ping pong sized ball of dough, press onto sprinkled seeds.

Rotate and thin out dough with the hand, forming a 4" sized round.

Heat 3-4 tbsp. ghee in a frying pan. Let in one round, seeds side up.

Shallow fry on low flame, till golden brown. Drain and keep aside.

Repeat for remaining dough, add more ghee as required.

Cool very well for 5-6 hours before storing in airtight containers.

**Courtesy : Saroj Kering**

# Badam (Almond) Katlee

## Ingredients

250 gms. almonds (soaked overnight)

200 gms. sugar powdered

few tbsp. milk

silver foil (optional)

## Method

Drain and change water from almonds. Peel almonds, keep aside.

Wash once more, to remove any traces of brownishness. Grind to a fine paste, using as little milk as possible.

In a heavy large skillet, mix paste and sugar. Cook, stirring constantly, using a large handled spoon or spatula.

Take care of splattering in initial stages. Also, do not stop stirring, or the mixture burnt and stuck to bottom of skillet will spoil the taste.

When a soft lump is form, which leaves sides of skillet easily, take off fire.

Grease a clean work surface and a rolling pin with melted ghee.

Put lump on it, roll quickly while still warm, to 1/5" thickness.

Apply silver foil, and press lightly with foil paper. Mark out long diamond shapes with a sharp knife.

When almost cool, remove carefully with a sharp edged wide spatula. Cool completely before storing in layers between sheets of butter paper.

**Courtesy : Saroj Kering**

# Lapsee

## Ingredients

1 cup wheat germ (dalia)  
1 1/2 cup sugar or 2 cups jaggery  
1 cup ghee  
1 tbsp. chopped almonds & pistachios mixed  
3 cups water  
1/2 tsp. cardamom powdered

## Method

Warm ghee in a heavy pan, add wheat germ.

Stir and cook till germ is golden in colour and aroma exudes.

Meanwhile melt sugar or jaggery in 1 cup water.

Keep aside hot.

Boil and add remaining water to roasted wheat germ.

Stir gently now, and cook till the grain of the germ is soft on pressing.

Now add sugar or jaggery, add cardamom and chopped dry fruit.

Stir and simmer covered, stirring occasionally.

Cook till ghee separates along the sides. Serve hot.

**Note :** Freeze and thaw as required. Before serving, take in pan, sprinkle some hot water, Heat while stirring, till ghee again separates.

**Courtesy : Saroj Kering**

# Karanjia

## Ingredients

### For Filling:

1/2 cup coconut flakes fine  
1/2 cup khoya  
1 tbsp. poppy seeds (khuskhus)  
1 tsp. cardamom powder  
1 tbsp. crushed almond  
1/4 cup sugar ground  
10 to 15 raisins

### For Cover:

1 cup plain flour (maida)  
1 tbsp. ghee  
water to knead

## Method

### For Cover:

Roast khoya to a light pink by stirring continuously over low heat. Cool and break in fine crumbs with fingers. Mix flour and ghee well. Add enough water to make soft pliable dough. Keep aside.

### For Filling :

Roast coconut flakes lightly. Cool. Mix all other ingredients. Check for sweetness. Make small (4 ") rounds, not too thin not too thick.

Place 1 tsp. filling in one half of round. Fold over the other half, sealing in the mixture. Seal edges by twisting or pressing together. Make all in the same way.

Dry on clean cloth for 30 minutes. Deep fry in hot ghee on low till light brown on both sides. Drain and cool completely before storing. Note: You may use a karanjia mould for filling them if available.

**Courtesy : Saroj Kering**

# Mithai Khaja

## Ingredients

1 1/2 cup maida (plain flour)  
1/2 cup jaggery  
1 cup water  
1/4 tsp. cardamom powder  
1 tbsp. ghee  
ghee to deep fry

## Method

Heat the water and jaggery till all of it dissolves in the water.

Strain and cool a bit. Mix the cardamom powder and ghee in the flour.

Knead the flour with the jaggery water. The dough should be stiff but pliable.

Break into approx. 20 parts. Knead each with palm and roll into 4" rounds.

Make many tiny slits with knife or fork on each on both sides.

Keep them aside on a clean cloth for an hour or so to dry a bit.

Deep fry in hot ghee on low flame till light golden in colour.

Drain and cool for a while. The khajas will become crisper and harder as they cool.

Store in airtight container after cooling completely.

**Courtesy : Saroj Kering**

# Festive Pedas (Basic Recipe)

## Ingredients

1/2 kg. soft white khoya  
2-1/2 cups (approx.300gms) sugar powdered  
1/2 tsp. cardamom powder  
1 tsp. cardamom seeds semi crushed  
1 tbsp. slivered or crushed pistachios

## Method

Grate khoya with a steel (not iron) grater. Add powdered sugar and mix well.

Put mixture in a large heavy or nonstick pan. Heat first on high for few minutes.

The on slow till done. Make sure to stir continuously, while on heat.

When mixture thick and gooey, add cardamom. Mix well, and take off fire.

Allow to cool, gently turning occasionally. Use cookie moulds, or shape pedas with palms into patty rounds.

Mix pistachios and cardamom seeds and press a bit on top of each. If using moulds, first sprinkle some at bottom.

Take some mixture and press into mould. When set well, invert and carefully, unmould.

**Note:** Above is the basic recipe.

Any colour ( yellow, orange, green, cochineal), essence (pineapple, orange, pista, chocolate), topping (almonds, walnuts, cashews), can be added. To above recipe add any of following for varied flavours: cashew powder 1/2 cup, cocoa 2 tbsp.(then increase sugar by 1/2 cup), walnuts powdered 1/2 cup, etc. Add when the mixture is half cooked.

**Courtesy : Saroj Kering**

# Almond Seera

## Ingredients

1 cup coarse wheat flour  
1-1/2 cups blanched almonds (refer note)  
1 cup sugar  
3 cups water  
1 tsp. cardamom powder  
1/4 tsp. saffron strands crushed  
1 tbsp. warm milk  
1-1/4 cup ghee  
8-10 blanched almonds chopped into slivers or halved

## Method

Rub and dissolve saffron in milk, keep aside. Dry and powder blanched almonds, saving 10 for garnishing.

Melt ghee in a large heavy pan. Add flour, stir fry for 2-3 minutes.

Add almond powder, stir fry till golden and aroma exudes. Take care to stir continuously.

Add water, stir and cook. Add sugar, and cook further, stirring gently.

When ghee starts to exude, add cardamom and saffron. Stir, and take into serving dish.

Garnish with chopped almonds. One may put it in hotcase to keep hot, reheat in microwave, or in a pan.

Note: To blanch almonds soak in water for 5-6 hours, peel skin, dab and air on clean towel, till dry. Powder or use as required.

**Courtesy : Saroj Kering**

# Agra Petha

## Ingredients

1 kg. firm white pumpkin  
800 gms. sugar  
2 tsp. calcium hydroxide (kitchen lime)  
1/2 tsp. alum powder  
1 tsp. rose water  
3-4 drops kewra essence  
2 cups water

## Method

Dissolve alum in 1/2 cup water, keep aside. Dissolve lime in 1 litre water, strain with a clean cloth, twice if required.

Peel pumpkin, discard seeds, mushy centre. Cut into 1"x2"x1" rectangular blocks or as desired.

Prick all over with a metal skewer or fork. Put pieces in lime water. Soak for 30-35 minutes.

Drain, wash under clean running water for 2-3 minutes. Put in a bowl, sprinkle alum water, shake to coat all pieces evenly.

Drain, boil pieces in a large heavy pan, till a little soft and exuding water. Make a syrup of sugar and water, till 2 1/2 thread consistency (refer syrup method)

Put drained pumpkin pieces in syrup, boil till syrup becomes thick again. Keep covered with a mesh, overnight.

Drain, boil syrup again till thick, add pieces, reboil for 3-4 minutes. Drain out excess syrup, sprinkle essence and rose water. Cool completely, refrigerate.

**Courtesy : Saroj Kering**

# Parwal Sweet

## Ingredients

500 gms. parwal  
250 gms. sugar  
450 gms. khoya  
50 gms wholemilk powder  
10 almonds  
10 green pistachios  
1/4 tsp. cardamom powder  
few saffron strands

## Method

Crush together almonds, pistas, in mixie. Peel parwals carefully.

Make lengthwise slit from top to bottom. Put in boiling water, and simmer for 2-3 minutes.

Drain, remove, carefully squeeze out all water. Keep aside.

Roast khoya stirring continuously, till light pink and crumbly.

Take off fire, cool a little, add milk powder, crushed nuts, cardamom, saffron.

Stuff into each parwal. Tie each with some clean thread, if required.

Make sugar syrup with 1 cup water. When syrup is just 1 thread consistency, drop in parwals,

Simmer for 2 minutes, remove carefully, and place on a mesh.

Cool, remove strings, cover with silver foil if desired. Serve chilled.

**Courtesy : Saroj Kering**

# Chirotey

## Ingredients

4-1/4 cups plain flour  
3/4 cup rice flour  
1-1/2 cups sugar ground  
3/4 cup ghee  
2-3 pinches salt  
ghee for deep frying

## Method

Sieve together plain flour and salt. Add in measured ghee, mix with fingers till crumbly.

Add cold water, knead into a pliable dough. Cover with moist cloth, dividing into 20 parts.

Make a cream by beating together rice flour and 3 tbsp. ghee. Roll each part into a wafer thin round.

Brush with creamed flour, place another place another round on top. Repeat procedure for 5-6 layers.

Roll tightly into a round cylinder. Cut 1" thick slices, roll lightly to a thick round.

Repeat for all dough.

Heat ghee in heavy pan, fry rounds till golden on slow-medium heat. The layers of chirotey should show when they open a bit on frying.

Only then will they be and look crisp. Allow to cool a little, sprinkle powdered sugar over it, cool completely. Store in airtight container after cooling completely. Serve this favourite diwali sweet, as desired.

**Note:** One may coat chirotey with a foamy sugar syrup of 2-1/2 thread consistency. This would however, make it taste more sweet than the powdered sugar variety.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# Pal Payasam

## 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Note :** Always add the potatoes just few minutes before serving. Reheat prepared kheer to a boil, add potato, resume boil, then serve.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# Bread Kheerz

## 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# Almond Chikki

## Ingredients

2 cups almonds, crushed coarsely

2 cups sugar

1/2 tsp. cardamom powder

## Method

Use a heavy pan, so sugar won't burn.

Put sugar in pan.

**Keep following greased with oil and ready:** A rolling pin, 2 sturdy large knives, a metal spatula, stone or marble surface to work.

Heat sugar, stirring frequently, till fully melted and light brown.

Add almonds, cardamom powder, mix well.

Pour onto greased surface, mix well with both knives.

Be quick, and do not allow mixture to cool, or else it will get brittle.

Roll with pin to 1/4" thickness, even out edges by pressing and rolling to a square.

While still warm, mark out deep incisions for 1" square pieces.

When cold, break into marked pieces, store in airtight container.

**Courtesy : Saroj Kering**

# Almond Rice Kheer

## Ingredients

1 litre whole milk  
1/2 cup sugar  
1/2 cup rice, washed and soaked in water  
15-20 almonds blanched, peeled and chopped  
10 pistachios chopped thinly  
4-5 cardamoms, seeded and crushed  
10-12 strands saffron crushed

## Method

Save some chopped nuts for garnishing.

Soak rice in water for at least 30 minutes.

Put 1/2 cup water to boil, add rice when it starts boiling.

When water almost evaporates, pour in milk, stir to bring to boil.

Add sugar, simmer till rice is fully cooked.

It should be of thin porridge consistency.

Add chopped nuts, cardamom, saffron, stir.

Serve very hot, or chilled as desired.

**Note:** If serving chilled, keep the kheer a little thinner, since it will thicken considerably on cooling. Garnish just before serving, or the nuts will go in, if kept too long.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# Beetroot Halwa

## Ingredients

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

## Method

Peel and grate beetroot.  
Put milk and beetroot 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# Dal ka seera

## Ingredients

500 gm moong dal (green)  
500 gm sugar  
500 gm ghee  
saffron soaked in a little milk  
elaichi powder  
water about 250 ml.

## Method

Soak the dal for 5-6 hours. Wash and remove the skins well. Grind dal fine either in a stone grinder or electric grinder or mixie. Use as little water as possible.

Put sugar and water in a pan and put to boil. Once sugar dissolve add a few tbsp. of milk. As the syrup boils the scum will rise. Remove with a strain.

Further boil till the syrup become sticky between the fingers. (One thread should fall when poured from a tilted spoon) keep aside.

Heat the ghee in a heavy kadai (vessel) and add dal. Keep stirring rigorously to avoid burning. Once the dal stops sticking to the vessel, stir gradually till golden brown, and ghee begins to separate.

Pour the hot syrup, add elaichi and dissolved saffron. Stir very carefully, not allowing hand to be scalded.

Cook slowly till all water is absorbed. Decorate with chopped dry fruit. Serve hot especially on a cold day.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# 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 doodhi 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# Kalakand (Milk Burfi)

## Ingredients

2 litres 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# Kaju Barfi

## 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.

**Courtesy : Saroj Kering**

# Imarti

## Ingredients

2 cups urad dal  
3 cups sugar  
300 ml. water  
saffron colour  
1/2 tsp. cardamom ground  
500 gms. ghee to fry

## Method

Soak urad dal overnight in plenty of water. Wash and drain. Grind to fine thick batter. Put water little by little. Add colour and mix very well. If using a mixie, beat the dal well by hand till fluffy after grinding.

Keep aside for 3 hours. More is weather is cold. Make 1 tar sugar syrup as shown in introduction. Add cardamom powder to syrup. Using either an imarti bottle (with nozzle) or cloth as shown in note, form imartis in the hot ghee.

Lower flame and allow to crisp turning once. Remove from ghee, drain and dip in hot syrup. Soak for 3-4 minutes, drain and serve. Repeat for remaining batter. Make 4-5 imartis at a time, depending on size of frying pan.

## Note:

Use a flat bottomed frying pan. The imarti bottle can be substituted with a soft plastic sauce bottle with a nozzle. If not available, take a 12"x 12" thick cloth, make a buttonhole type hole in centre. Place over a tumbler and pour in some batter. Hold like a pouch and press out imartis like icing. Shape the imartis as follows, make a ring first, then form small ringlets all along the ring. Till you come to the start.

**Courtesy : Saroj Kering**

# Patisa (Soan Papdi)

## Ingredients

1 1/4 cup gram flour  
1 1/4 cup plain flour (maida)  
250 gms. ghee  
2 1/2 cups sugar  
1 1/2 cup water  
2 tbsp. milk  
1/2 tsp. cardamom seeds crushed coarsely  
2 tsp. charmagaz (combination of 4 types of seeds) refer glossary  
4" squares cut from a thin polythene sheet

## Method

Mix both flours together. Heat ghee in a heavy saucepan. Add flour mixture and roast on low till light golden. Keep aside to cool a little, stirring occasionally.

Prepare syrup simultaneously. Make syrup out of sugar, water and milk as shown in introduction.

Bring syrup to 2 1/2 thread consistency. Pour at once into the flour mixture.

Beat well with a large fork till the mixture forms threadlike flakes. Pour onto a greased surface or thali and roll to 1" thickness lightly.

Sprinkle the charmagaz seeds and elaichi and gently press down with palm. Cool, cut into 1" squares, wrap individually into square pieces of thin plastic sheet.

Store in airtight container.

**Courtesy : Saroj Kering**

# 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.

Variations: To make fruit flavoured shrikhand e.g.. mango, add pulp at the stage of adding cardamom and saffron.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# Ice Halwa

## Ingredients

- 1 cup very fine white semolina (rava)
- 1 cup ghee
- 4 cups milk (cool)
- 4 cups sugar
- 1/2 tbsp. each almond and pistas slivers (very thin)
- 8-10 cardamoms
- 2 pinches saffron flakes
- 1 tsp. rose water
- 2 thick large sheets of clean thick polythene for rolling.

## Method

Deseed cardamoms and crush seeds coarsely, keep aside. Grease sheets on one side and keep aside.

Mix rava, ghee, milk and sugar in a large heavy pan. Place on high flame, and stir continuously, bring to boil.

Reduce flame and go on stirring till a very soft lump is formed. Add rose water and top with 2 tbsp. ghee.

Take off flame and knead (temper) well with a spatula. Place lump between the greased sides of the sheets.

Roll evenly as fast as possible. Remove top sheet. Sprinkle all the toppings evenly. (i.e. slivers, saffron broken and cardamom seeds)

Replace sheet and reroll quickly till very very thin. Cut in 4" squares, store in airtight container when cool. (Place pieces of butter paper between layers for avoiding sticking.)

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# Puranpoli

## Ingredients

300 gms. 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. Reroll 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.)

**Courtesy : Saroj Kering**

# 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 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.

**Courtesy : Saroj Kering**

# 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.

**Courtesy : Saroj Kering**

# Basundi

## Ingredients

1 litre full fat milk  
1/2 cup sugar  
3 pods cardamom  
5 almonds blanched  
3 pistachios skinned  
10-15 threads saffron

## Method

Soak saffron in 2 tsp. hot milk, keep aside. Chop finely or crush coarsely, the almonds and pistachios.

Peel and powder cardamom seeds with a mallet. Add to chopped dry fruit.

Run saffron with base of a mallet, in cup, till dissolved in milk. Put milk to boil in a large deep pan, stirring occasionally.

When it starts boiling, reduce heat and boil. Stir frequently, till milk is 2/3 in volume.

Add all other ingredients to boiling milk. Boil further for 3-4 minutes.

Take off fire. Cool a little. Pour into a large decorative serving bowl.

Allow to cool completely, chill in refrigerator for 4-5 hours. To avoid a layer forming on the surface, stir frequently while cooling.

Serve chilled in individual cups with rose petal to decorate on top, if desired.

**Courtesy : Saroj Kering**

# Coconut Khova Peda

## Ingredients

1 cup dry coconut powdered  
400 gms. khova  
3 cups powdered sugar  
1/2 tsp. cardamom powdered  
1 tbsp. pistachios slivered thinly  
1 tsp. cardamom granules  
1 tbsp. honey (optional)

## Method

Grate khova in nonstick or heavy saucepan.

Add powdered sugar, honey and coconut.

Mix, and cook, stirring continuously, for 6-7 minutes.

Take off fire, add cardamom, mix well, cool slightly.

Grease a cookie or sandesh or peda mould.

Press in lumps of mixture, and carefully pry out.

Press in a couple of pista slivers or cardamom granules on top of each peda.

Allow to cool at room temperature.

Store in airtight container.

**Courtesy : Saroj Kering**

# Khari Pudi

## Ingredients

2 cups maida (plain flour)  
1/4 cup rice flour  
2 tbsp. rice flour separate  
1/2 tsp. omam seeds  
1/2 tsp. turmeric powder  
1/5 tsp. asafoetida powder  
2 tbsp. oil  
2 tbsp. ghee  
salt to taste  
some dry flour for dusting  
oil to deep fry

## Method

Mix together plain flour and 1/4 cup rice flour. Add salt, seeds, 2 tbsp. oil, asafoetida, turmeric, mix well. Add enough water to make a not too soft pliable dough. Take a ping pong ball sized lump, shape into ball, roll.

While rolling use dry flour for dusting. Roll into a large chappathi. Apply ghee on top with back of spoon. Sprinkle some rice flour all over. Starting from one end, roll into a tight swiss roll. Cut into 3/4" to 1" thick slices. Take one, roll over it lightly once or twice only.

The pudi should just flatten enough to stay together. Do not roll to make thin again. Place on a clean cloth, to dry a bit. Keep aside. Repeat till all dough is over. Heat oil in a heavy frying pan. Let in few pudis at a time in hot oil. Fry on med. To low flame till very lightly golden. Flip sides and repeat above. Drain and keep aside to cool. Cool completely before storing.

**Courtesy : Saroj Kering**

# Pooran Poli

## Ingredients

maida - 1 1/4 cup  
turmeric powder - 1/4 tsp.  
oil or ghee - 2 tbsp  
powdered sugar - 2 tsp  
water - to mix  
oil or ghee - to pour on top (4-5 tbsp)  
bengal gram (chana dal) - 1 cup  
jaggery powder - 1 cup  
cardamom powder - 1/2 tsp

## Method

Mix maida with turmeric powder and powdered sugar. Add water, make a soft dough. Knead in the oil or ghee.

Pour extra oil or ghee on top and keep covered till the filling is ready.

Cook dal till soft but not mushy. Strain and cool. Add jaggery and grind in a mixer till smooth. Add cardamom powder.

Place the mixture in a kadai and cook stirring till the mixture can be shaped into soft balls. Take a little dough on your palm and flatten into a round sheet. Place a ball of filling over it.

Bring up the edges of the dough and cover the ball. Roll out to thin rounds, on a butter paper or plastic sheet.

Cook on a hot tawa without adding any fat. Use all the dough and filling thus. Serve smeared with melted ghee.

**Courtesy : Chandri Bhat**

# Ras Malai

## Ingredients

1 small packet of ricotta cheese (fat free)  
1-1/2 gallon milk (2% milk)  
sugar to taste  
cardamom, kesar, badam, kaju (powder all this)

## Method

Beat ricotta cheese in a bowl till smooth. (Sometimes there are lots on lumps in the cheese)

Add sugar to taste. Remember that there will be sugar in the milk too, so be careful!!

Beat again and than spread the cheese mixture on a pie dish and bake for about 30-35 min at 300-350 F or till the knife inserted comes out clean.

Let it cool and than cut into diamond shaped pieces.

While the malai (cheese) is baking, put milk to boil. Keep stirring it, You don't want the "malai" to form on the top.

Mix sugar and powder of all the dry-fruits to the milk.

Cool the milk and than add the malai pieces.

Serve cold.

# Dry Fruit Burfi

## Ingredients

dry figs (anjeer) - 200 grams  
milk - 1/4 cup  
ghee - 1-1/2 teaspoon  
sugar - 3/4 cup  
khoya - 300 grams  
cashewnut powdered - 1/4 cup  
chopped pieces of almond and pista - 1/4 cup  
cardamom powder - 1/4 teaspoon  
silver varkh  
paper cups

## Method

Chopped Fig into small pieces. Soak them in milk for half an hour.

Mix Ghee, Fig pieces and stir them well. Add sugar and stir again.

Then place them in a microwave oven at high for about 8 minutes.

Add khoya, powdered cashewnuts, almonds, pista and cardamom powder to the above mixture and mix them well.

Place it in the microwave at high temp. for 2 minutes.

When it is warm make into balls and arrange them in paper cups.

Decorate with silver varkh.

# Microwave Badam Burfi

## Ingredients

- 1 cup almonds (badam) (finely powdered with skin in mixie)
- 1 cup besan (gram flour)
- 1 cup milk
- 3 cups sugar
- 3 tbsp ghee (clarified butter)
- 2 tsp finely chopped pistachios and almonds

## Method

Take a big microwavable bowl, add sugar and milk to it.

Mix well and microwave for 2 min or till sugar melts.

Add besan, badam powder, ghee and mix well

Microwave for 15min, stirring every 5min.

Add a drop of mix to a bowl of water to check if it forms a soft ball.

Once the soft ball consistency is achieved, pour the liquid into a greased plate, sprinkle finely chopped pista and badam, press gently on the mix.

Cut into diamond shapes when still slightly warm.

Remove and serve when cooled.

# Besan Ladoos

## Ingredients

2 cups besan  
1/2 cup sooji  
1 cup sugar  
1 cup desi ghee

## Method

In a glass container put besan and sooji and microwave on 100% power for 3 min.

Stir it with a fork and then microwave on 80% power for 4 min.

Stir again and microwave again on 80% power for 4-5 min.

Let it cool a little. Then add ghee and ground sugar to it.

Make ladoos. For special effect you may add a pinch of cardamom powder and a few sliced almonds to the mixture before making ladoos.

# Almond Burfi

## Ingredients

1 cup almonds 1 cup sugar  
milk enough to blend  
saffron a pinch  
ghee - 2 tbsp  
silver warq for decoration

## Method

Soak almonds in boiling water for 5 minutes.

Peel out the skin of the almonds.

Blend the almonds and sugar in very little milk (just enough to blend).

Cook the mixture in a non stick cooking pan stirring continuously.

Add the ghee and saffron and cook till it forms a ball and comes clean.

Spread the mixture on a greased cookie sheet and put a cling wrap on top of it and roll it with a rolling pin to spread.

Decorate with silver warq.

Cut to desired shapes.

# Mango Coconut Burfi

## Ingredients

1 cup mango pulp (tinned will do)  
1 cup grated coconut  
1/2 cup milk powder  
1 1/2 cups granulated sugar  
3 tbsp.ghee  
1/2 cup powdered sugar  
1/2 tsp.cardamom powder

## Method

Cook mango pulp over a low flame stirring continuously, preferably in a non-stick pan, till it solidifies, cool.

Add coconut, milk powder and the granulated sugar and keep aside for 15 minutes.

Then cook over a low flame, stirring all the time.

When it boils add the ghee and keep cooking till it thickens into a lump and froths slightly.

Switch off gas and stir another 3 minutes.

Add the powdered sugar and the cardamom powder and mix well, pour into a greased plate and pat with the back of a spoon to spread it evenly.

Decorate with varq (edible silver foil). This is optional.

When slightly cooled,cut into pieces. Makes about 30 pieces.

# 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.

# Nankathai

## Ingredients

1 cup shortening  
1 cup powdered sugar  
2 cups all purpose flour  
pinch of nutmeg powder  
1/4 tsp cardamom powder  
5-6 tbsp of pista powder (optional)

## Method

Mix the shortening and powdered sugar.

Gently add the flour, cardamom, nutmeg, and pista powder.

Make into small balls.

Keep on a baking sheet 2" apart and bake at 300 degrees for about 20-30 minutes or till done.

# Kesar Kalakhand

## Ingredients

- 1 1/2 litres fresh whole milk
- 2 tablespoons desi ghee
- 3 tablespoons curd (curd should not be sour)
- 1 tin/200 gms milkmaid / condensed milk
- 10 raw almonds sliced into slivers
- 3-4 strands of saffron
- 3 big cardamoms
- 2 teaspoons sugar

non-stick kadhai/wok to make the dish. if one is not available, you might have to use more ghee (4 tablespoons) to prevent the kalakhand from sticking to the utensil.

## Method

Soak saffron in 2 teaspoons milk, set aside.

Boil milk till it reduces to 1/2 the quantity.

Add curd and keep stirring till the curdling stops (around 10 minutes).

Add condensed milk and keep stirring.

Add 1 tablespoon of ghee and all the remaining ingredients (including dissolved saffron), except almonds.

Stir for about 20 minutes.

Add remaining ghee, mix and pour the mass into a greased plate.

Garnish with almond slivers immediately.

Cut into pieces when cool.

# Instant Chocolate Malai Barfi

## Ingredients

2 cups milk powder  
1 cup almond meal  
300 ml thickened cream  
3/4 cup powdered sugar  
1 tbsp cocoa powder

## Method

Place all ingredients except cocoa powder in a large microwavable bowl.

Mix well and place bowl in a microwave oven for 4 minutes on high cook.

Remove bowl and stir mixture. Place again for another 4 minutes.

Transfer half the barfi in a greased plate.

Quickly blend in the cocoa into the remainder and pour over the barfi in the plate and spread evenly.

Cool and cut into diamond shaped pieces.

Blanched nuts can be sprinkled on top along with silver varaq (foil).

# Badam Roll

## Ingredients

- 1 cup whole almond (or one can of atleast 8 oz pure almond paste)
- 2 cups sugar
- 3 cups water
- 2 tsp ghee
- 1 tsp. kewda water
- 4 tsp. finely crushed raw almonds

## Method

If using Almond paste from the can then reduce the amount of water to 2 cups for the sugar syrup. Go to step 2.

Soak almonds overnight. Peel them.

Make single thread consistency sugar syrup using sugar and water. Let it cool. For canned Almond Paste go to step 4.

In the blender make a paste of peeled almonds using the sugar water. If required add more water with spoon. The paste should be fine.

Cook the paste on medium fire, Keep stirring. After the paste changes color to off white then add 1 Tsp. Ghee. After the color is darker add the rest of the ghee. Stir well.

After the almond mixture starts leaving the side of the pan, take it off the flame and let it cool. Add the Kewda Water.

Make small elongated oval rolls with hand and roll them in the crushed almonds.

You can serve them cold or fresh also. It just tastes great and is a very healthy snack for the kids.

Enjoy cooking and Eating!!

# Carrot Burfi

## Ingredients

carrots 5 lbs  
sugar 2 cups  
milk powder 2 cups  
butter 1/2 lb  
ricotta cheese 16 oz

## Method

Cook grated carrots and sugar together in a heavy bottom pan till done.

In another pan fry the butter and ricotta cheese and then add the milk powder and cook until the mixture leaves the side of the pan.

Then add the cooked carrots to the cheese-milk powder mixture and cook for another 5 minutes.

Butter a large cookie sheet or thali and coat it with butter or ghee. Spread the cooked mixture on the cookie sheet.

Put some silver foil sheets on the burfi. Cut it into squares or diamonds when it cools.

Put the burfi in the fridge and it will keep for a month.

# Paneer Kalakand

## Ingredients

1 cup slightly meshed fresh cottage cheese.  
1/2 cup milk powder (full cream)  
1/2 cup powdered sugar  
1 table spoon fresh curd  
a pinch of cardamom (elaichi) powder  
silver sheets (warak) - if you like it

## Method

Mix all the ingredients well and put in a greased tin.

Steam it for 15 minutes and allow to cool down.

Then cut into square pieces.

Refrigerate before serving.

Decorate it with warak if you like so.

It lasts about a week in refrigerator.

# Cheese Burfi

## Ingredients

15 oz. ricotta cheese  
15 oz. sugar  
2 cups coconut (dry, found in indian stores)  
15 oz. powdered milk (carnation)  
one-half cup melted butter or ghee  
one-fourth teaspoon cardamom powder  
2 drops food coloring (green or yellow)

## Method

Place ricotta cheese in a sauce pan and heat over medium heat.

Keep stirring until the cheese turns into a light brown color (about 10-15 minutes).

Add sugar and keep stirring until the sugar is completely dissolved (about 10 minutes).

Add coconut and let the mixture until it becomes thick (about 15-20 minutes).

Keep stirring all the while. Add the milk powder and mix it well - at the same time, also add a little of the ghee.

When you finish adding all the ghee and milk powder, add the powdered cardamom and the food coloring.

When the mixture is well incorporated and thick, remove it from heat.

The mixture is ready when it starts leaving the sides of the sauce pan.

Pour the mixture into a greased pan. Cool and cut into small pieces.

This burfi cooks in a short time and is very easy to make since all the ingredients are easily found in an Indian home.

# 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.

# Besan Burfi

## Ingredients

2 cups besan (gram flour)  
2 cups coconut (grated)  
2 cups milk  
1 cup ghee  
2-1/2 cups sugar

## Method

Add all together in a thick bottom vessel.

Mix nicely with hand or spoon 2,3 minutes

Put that vessel on stove with medium heat

Keep on stirring every 2 minutes

When it becoming thick, shift to low heat

When it become very thick take out from stove

Pour this batter in to a plate (greased with ghee)

After 5 minutes cut that with knife what ever shape you want (either diamond or square).

Now besan burfi is ready.

Kids like it very much.

# Green Gram Ladoo

## Ingredients

green gram (roasted & ground) - 1 cup  
icing sugar - 1 cup  
ghee - 1/4 cup  
cashew nuts for garnishing

## Method

### Roast & Grind the Green gram:

Heat the frying pan and roast the Green gram till it becomes light golden color. You get a sweet aroma when done.

Let it cool.

Dry grind the gram till it becomes soft powder.

Fry the cashew nuts in one tbsp of ghee till golden brown.

Add 1 cup of (roasted & ground) Green gram powder to 1 cup of icing sugar.

Heat the ghee and add it to the above mixture little by little, constantly mixing it.

Add ghee till you get the right consistency wherein when you make the ladoos with your hand, it should just hold together. Be careful. Too much ghee will make it soggy and spoil the taste. Too less ghee will make the ladoos crumble and will give a 'powdery' odour.

Now insert one roasted cashewnut into each ladoo.

Serve warm or cool. You can store it for several days. You can always keep some quantity of fried & roasted Green gram. This would come in handy if you have surprise guests. You can use powdered sugar instead of icing sugar too.

# Chocolate Burfi

## Ingredients

condensed milk (carnation or milkmaid) -1 tin  
cocoa powder 1/2 cup  
butter - 1 stick or 50 gms  
chopped & roasted nuts 100 gms  
sugar 3/4 cup

## Method

Pour the condensed milk into a thick pan, add butter, sugar, cocoa powder and nuts to the pan.

Stir constantly on low to medium heat till the mixture leaves the sides of the pan (say 15 mins)

Pour evenly into a buttered dish.

Allow to cool and set. Cut to pieces.

Refrigerate if you like.

# Khoya Burfi

## Ingredients

- 1 can of sweetened condensed milk
- 2 cans of carnation milk powder
- 1 stick of butter
- 1/2 cup of mixed nuts crushed (pistachios, almonds & cashewnuts)
- 1 tsp of cardamom powder

## Method

In the microwave place a corning ware dish with 1 stick of butter and melt it for 1 minute.

Remove, then add all ingredients mix it to the melted butter.

Keep it back in microwave for 5 minutes.

Let it cool for a 1 or 2 minute then cut into pieces.

Serve it warm.

# Instant Ladoos

## Ingredients

1 cup roasted peanuts (without skin)

1/4 cup grated coconut

1/2 cup grated jaggery

## Method

Grind the above ingredients on the mixer coarsely.

Shape them round like ladoos.

They are ready and absolutely yummy. Enjoy!

# Date Roll

## Ingredients

14 oz pitted dates  
7 oz condensed milk  
milk powder-3 tsp  
1/2 stick butter  
coconut powder  
grated almonds and pista

## Method

Melt butter on slow flame and put Dates in it and keep smashing it until it blends well and turns soft.

Then add Condensed milk, Milk powder, grated almonds and pista. Mix well along with dates in slow flame.

Take the hot date mixture and make rolls by dipping your hands in ice cubes so that your hands become numb while rolling the dates.

After rolling sprinkle coconut powder on the rolls.

Keep it in the freezer section for 1 hour.

Your date roll is ready.

# Coconut Laddoos

## Ingredients

shredded coconut 3 cups

sugar 2 cups

milk 1 cup

## Method

Take a thick bottomed pan and add the milk.

When it comes to a boil, add 2 cups of coconut and mix well on a low heat.

When the whole milk has been absorbed by the coconut, add the sugar slowly, stirring continuously.

Continue to stir in medium heat until the mixture leaves the sides of the pan.

Remove to a plate and make small balls.

Place the remaining coconut on a plate and roll the coconut balls on these to make laddoos.

# Amba Burfi

## Ingredients

khova 1/4 kg

sugar 1/2 cup

amba mava 100 gm

## Method

Mix all the ingredients and keep in the microwave at power 50 for 3 min, remove mix well and again keep for 3 min at power 50.

Repeat once more and then spread on a flat surface with required thickness.

Enjoy the wonderful sweet of mango. Its very easy and fast to make.

# Urad Laddu

## Ingredients

1 cup urad dhal  
1/2 cup sugar  
1/4 - 1/2 cup ghee  
elaichi for taste

## Method

Fry Urad Dhal in a non-stick pan till it turns light brown & gives out an aroma (Don't over fry it).

Let it cool.

Grind it to fine powder along with Elaichi.

Mix sugar to it.

Heat ghee and add it to the Urad Dhal - Sugar mix.

Mix it thoroughly, leave it for 10 minutes.

Make Laddus and enjoy.

# Churma Ladoo

## Ingredients

wheat flour - 1 cup  
jaggery - 1/2 cup  
oil - 1 1/2 tbsp  
5-6 raisins  
khus khus - 1 tsp  
melted ghee - 4 tbsp  
elaichi powder - taste  
water

## Method

Take wheat flour and add hot oil and mix till it resembles bread crumbs.

Add water and make a hard dough and keep aside for 1/2 hour.

Make small bakris or thick chapathis and roast them in a tawa in low flame till the bakri becomes like a biscuit.

Take care to see that the bakri is well baked specially in the centre.

Make all bakris and after they cool make a fine powder in a mixie.

Put the powder in a flat vessel, add jaggery, fried raisins, ghee and elaichi powder and mix well till it becomes soft and there are no lumps of jaggery.

Make laddoos out of them and roll them in khus khus.

**Note :** if you feel that the bakris were slightly half baked, before making laddoos roast them slightly in ghee till it becomes nice and brown. hope you all enjoy making and eating these laddoos. believe me they are very very tasty. you can even add ginger powder for a special taste.

# Microwave Mithai

## Method

Take a can of milkmaid (small) 8 ounce of milk powder and 1 stick of butter.

Pour these in a microwavable container and microwave it for 2 mins.

Take it out of the microwave and stir this mixture with a spoon to mix everything properly and again microwave it for 5 mins.

Take out the container and let it stand for 4-5 mins.

If you want to mix grind pesta (pistachios) or almonds you can mix it with the mixture.

You can just cut slices or make laddus (balls) out of it.

# Date Halwa

## Ingredients

500-gram date

500-gram sugar

8-10 almonds (cut into pieces)

4-5-spoon ghee

## Method

Remove seeds from dates.

Add little milk and cook the dates nicely till it became soft.

Then add sugar and ghee.

Stir continuously for 20-25 minutes.

After it became thick add pieces of almond, pour into a greased plate.

After half an hour cut into pieces.

# Pistachio Kalakand

## Ingredients

ricotta cheese - 1 cup  
single cream - 1/2 cup  
pistachio - according to your taste  
sugar - according to your taste  
green cardmom powder - 1/2 a tsp.

## Method

Simply mix the cheese , single cream , sugar & cardamom powder.

Now take a microvable container. Pour it all in the container.

The microwave should be on high temp. First keep it for 2 min.

Then stop and mix. Keep again for 3 min.

After 5-6 min. you will see its become a bit thick.

The mix should not be too thick nor too thin. Now take a flat plate.

Grease the plate with little ghee or oil. Now slowly pour the mix onto the plate.

simply use you hand or spoon to make it in level. Now crush the pistachio and sprinkle it on the kalakand.

And there is your mouth watering pistachio kalakand ready to eat.

# Quick Mathura Pedas

## Ingredients

milk powder 14 ounces  
1 can condensed milk  
1 stick (or 1/2 cup) unsalted butter  
cardamom seeds

## Method

Put the butter in a microwave dish and heat it in a microwave till it melts.

Now put the milk powder and the condensed milk and mix.

Set the timer for approx 8 to 10 minutes.

Keep your eye on the mix as it will come to a boil, once it does take it out stir it and again put it back, keep doing this till the mix becomes reddish in color. If you wish you could now, put some crushed cardamom in it to flavor it.

Now let it cool a little so that you do not burn your hands, apply a little butter or ghee to your hands and make a small ball from the mix, flatten it a little.

Put 2 or 3 cardamom seeds on top and apply a little pressure on it with your thumb or forefinger to make a small indentation.

Set these pedas on a greased thali to cool down.

Now enjoy them.

P.S Instead of green cardamom , Black cardamom seeds could be used or Almonds to garnish the pedas.

# Mysore Pak

## Ingredients

channa flour (besan) - 1 cup

sugar - 1 1/4 cup

ghee - 3 cups

water - 1 1/2 cup

## Method

Heat ghee and keep aside.

Take Besan and mix it with 2 tbsp of ghee so that it is of dropping consistency.

Now put the sugar and the water in a pan and start heating it.

Once it starts boiling then add the mixed Besan in it.

Now put about one tbsp of heated ghee and keep stirring.

Keep stirring (medium flame) and for every 2 mins add ghee.

Continue this until the Besan leaves the sides of the pan.

Once it does so, then pour it out into a greased tray.

After about 2 mins cut it into pieces and allow it to cool.

Once cool it can be eaten.

**Note:** It can be kept fresh for 10 days in an air-tight container.

# Babattlu

## Ingredients

channa dal 1 cup

jaggery 1 cup

elaichi 1 (whole roughly powdered)

maida 1 1/2 cup

## Method

First make dough with maida and keep it a side until dal cooks. Cover with wet cloth.

Cook dal with double water and after removing from cooker remove the water from dal and grind the dal into paste.

While grinding add jaggery. This is now called as Poornam. Add elaichi and mix.

Make Poornam into small round balls.

Make maida also into small balls which must be half the size of poornam balls.

Now take maida ball into palm and spread it to your palm size and keep poornam ball in that and close it from all sides.

Now press like chapathi. You can do this by hand or stick.

Heat the pan apply some oil and add fry what you made earlier.

# Coconut Sweet

## Ingredients

coconut - 2 whole (fresh and grated)  
jaggery - 1/2 kg (grated)  
cardamoms - 10 to 12 (powdered)  
maida flour - 1/2 kg  
wheat flour - 1/2 kg  
turmeric powder - 1/2 tsp  
cashew nuts - 12 to 15 (small pieces fried in ghee)  
kashkasha (gasgase) - 50 gms (optional)  
oil - 1/4 kg  
ghee - 1/4 kg

## Method

Grind fresh grated coconut and put it in a container to heat. Add grated jaggery, Add ghee, kashkash, cashew nuts to it. Stir it continuously, until it mixes well and forms a paste. Take out from the stove and add cardamom powder to it.

When it is cooled, make small balls out of it and keep aside. Take maida and wheat flour, (You can also use Maida only). Add oil 5 tsp, turmeric and water, and mix it well into a smooth dough. Add 2 tbsp of oil on the top of that and keep it aside 15 minutes.

Divide dough into small balls, make a hole, insert a sweet ball and cover that hole. Roll them into round shape (Like Parathas).

Grease the tava or pan with ghee and place this over it. When done one side turn and apply ghee on other side.

It should be golden brown in color when you remove, Store it in a dry container and eat with ghee on the top.

# Sweet Balls (Poornam)

## Ingredients

rice - 1/2 kg  
black gram dhal - 1/4 kg  
bengal gram dhal - 200 gms  
jaggery - 150 gms  
elaichi - as required  
oil for fry

## Method

First soak the rice and black gram dhal for five to six hours.

Boil the bengal gram dhal in water.

Grind the rice and black gram dhal like a paste.

With boiled bengal gram dhal add jaggery and elaichi and cook it till dry.

Divide the dhal mixture into even sized portions.

Shape each portion like a ball (size as you like).

The dhal portions cover with the rice and black gram dhal paste.

Take the oil in frying pan and heat the oil and fry the covered dhal portions.