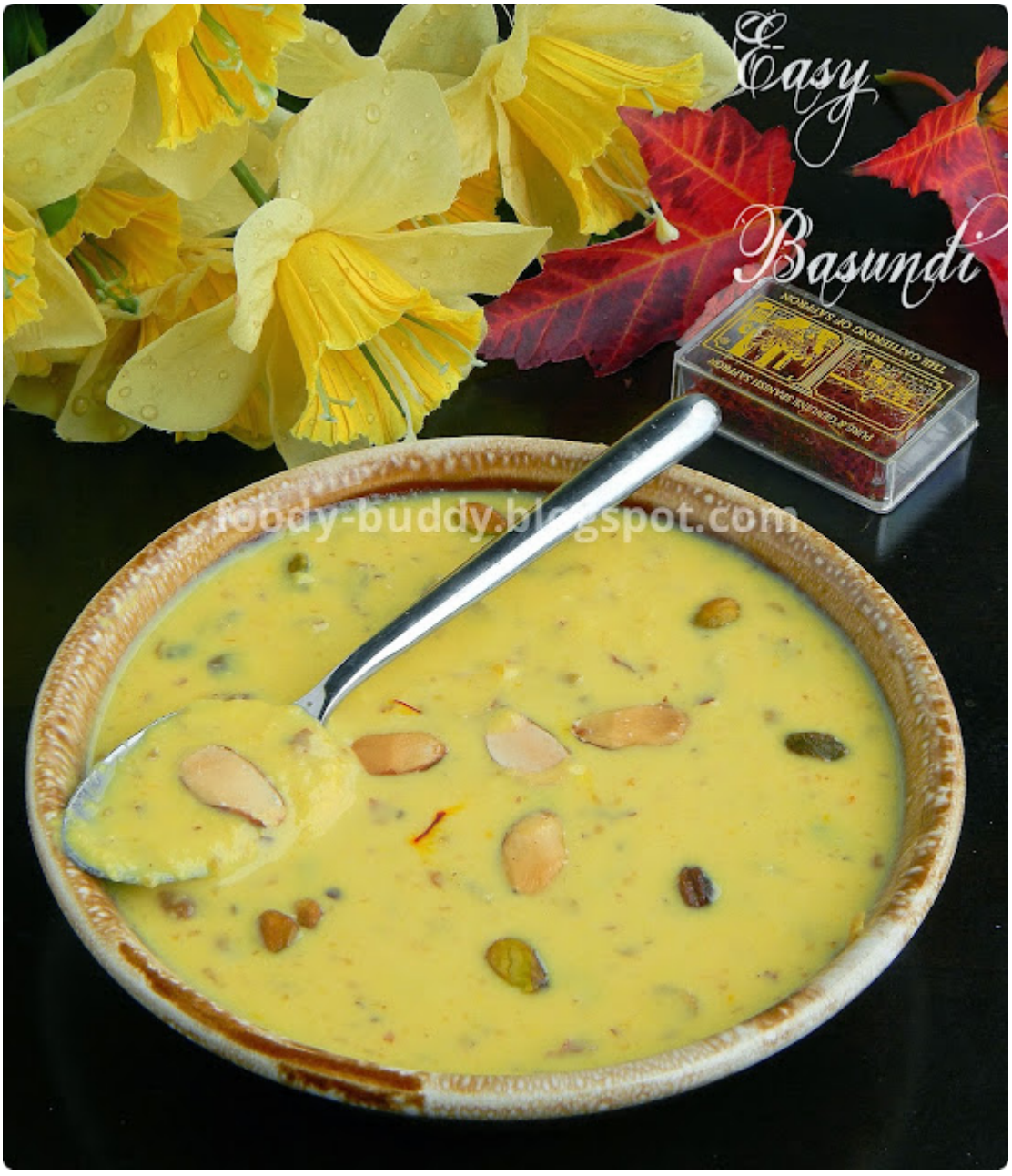
Basundi Recipe | How To Make Basundi | Indian Dessert



Basundi recipe is an Indian dessert popular in Maharashtra and Gujarat. It is a calorie rich, scrumptious dessert prepared by simmering the milk for a long time until it reduced to half of its volume, finally flavored with saffron, almonds and pistachios. This is one of my top favorite sweet. I used to eat a lot in my college days as my father used to get me kesar basundi every week from Agarwal sweets. My husband has not tasted it before so I made this easy and tasty basundi

recipe for diwali. Addition of almonds and pistachios to basundi recipe adds a nice crunch to this creamy dessert. Saffron imparts color and flavor to the dish. When you make basundi , always scrap the sides of vessel while cooking, as that will make the basundi thick and imparts creamy texture. It is served as a dessert or sweet accompaniment in lunch or during any Indian festivals like diwali. Also it tastes great with gulab jamun or hot malpuas.



Ingredients

3 Cups of Milk (2 % or Full Fat)
3-4 Tbsp of White Sugar

20 Saffron Strands
10 Almonds, Chopped
10 Cashews, Chopped
10 Pistachios, Chopped
Pinch Of Nutmeg Powder
3 Cardamom, Powdered
1 Tsp of Ghee (Melted Butter), Optional

To Garnish

Almonds and Pistachios

Method

- Chop the almonds, cashews and pistachios . Powder the cardamom with mortar and pestle.
- Soak the saffron in 2 tsp of warm milk and keep this aside.
- Take a heavy bottomed vessel, add the milk, bring the milk to boil and reduce the flame, cook on the slow flame, till the volume is reduced to half of its volume. Keep on stirring and continuously scrap the sides and bottom of the pan, otherwise the milk would get stick to the bottom.
- Once the milk reduced to half of its volume, this would take 30 mins, add all the chopped nuts(almonds, cashews and pistachios), nutmeg powder, cardamom powder and saffron cook this for another 15-20 mins in a slow flame, keep on stirring, otherwise you would get burnt flavor.
- After the milk thickened and got a nice flaky layer of cream on top, add sugar and mix well, cook for another 10 mins and turn off the flame.
- Serve warm or chilled garnished with almonds and pistachios .
- I love chilled basundi as it tastes divine and it

thickens more when it is chilled.

Tips

- Adjust the amount of sugar according to your taste.
- You can also use evaporated or condensed milk in place of full cream or 2% milk.
- You can also make flavored basundi by the addition of strawberry or oranges after step 3, to make strawberry basundi or orange basundi respectively.
- Addition of nutmeg powder is for easy digestion.
- If you use condensed milk or evaporated milk, do not add sugar to it.
- Addition of saffron gives a nice color and flavor.
- Always use heavy bottomed pan to make it otherwise milk will burn and stick to the pan.
- When you keep basundi in fridge, make sure the consistency is thin and otherwise it would turn thick on next day.



Coconut Burfi Recipe / Thengai Burfi / Easy Diwali Sweet



Coconut Burfi / thengai burfi (Burfee / Barfi) is a sweet confectionery from India and it is made with coconut, sugar, ghee and nuts. It is my brother's favorite sweet and my mother makes this burfi at home for every Diwali. But the process of making coconut burfi slightly differs from one home to other home. In my sister in law's home, they add rose essence to burfi and in one of my friend's home, they add saffron to it. But I love to eat it plain without any flavors in it. This easy to make traditional diwali sweet can be made with very less ingredients. They are so moist, chewy and in every bite, you can feel the burst of coconut juice and ghee flavors . Even beginner can make this coconut burfi for diwali without any difficulty. Try this coconut fudge or nariyal barfi in

your home and let me know how it turned out.

Ingredients

1 Cup of Fresh Coconut
1 Cup of White Sugar
1/4 cup + 2 Tbsp of Water
1 Pinch of Cardamom Powder
1 Tbsp of Ghee (Melted Butter)
10 Roasted Cashews, Chopped
7 Roasted Almonds

Method

- Grind the coconut in a mixie without adding water, to get a fine powder but little coarse .
- Grease the tray with ghee and keep it aside.
- Take a wide bottomed non stick pan, add sugar and water, mix well until the sugar dissolves completely and starts bubbling as seen in the picture.



- Keep stirring, until you get a single string consistency. This can be examined by taking a drop of syrup between index finger and thumb as you see in the picture. Once you get the single strand consistency, add the coconut, mix well with sugar syrup.



- Keep on stirring until you get bubbles at the edges, now add the ghee, followed by the addition of cashews and cardamom powder, mix well. Again keep stirring until the coconut mixture thickens and starts coming off from the sides of the pan. Now turn it off the flame.



- Pour immediately to the greased tray, after 20 mins, cut into squares or any desired shape.



- Cool completely and store it in an airtight container.



Tips

- Single strand consistency is most important. So always keep an eye on it while stirring.
- If you don’t get roasted cashews, roast the raw cashews in a tsp of ghee and add it to the coconut mixture.
- Don’t use dry dessicated coconut to make this burfi, it won’t taste good as fresh coconut burfi.
- You can use any nuts of your choice to this burfi.
- Always cook the whole process in medium flame.
- Adjust the amount of sugar according to your taste.
- While scraping the coconut don’t use the brown part of coconut.

- You can also roast the coconut in ghee before adding it to the sugar syrup.
- If you want colored burfis, add saffron or edible color like orange or green or both.

Health Benefits of Coconut

- Quick energy boost.
- High in dietary fiber.
- Improves heart health.
- It has anti-bacterial,anti-fungal & anti-parasitic properties.
- Coconut oil can improve blood cholesterol level, boosts brain function.



Rava Ladoo | Rava Laddu Recipe





Rava ladoo / Rava Laddu Recipe is a delicious Indian sweet made using semolina, sugar, coconut and ghee. Every year my mom used to make this rava ladoo for diwali. She makes the perfect rava laddu recipe using chiroti rava, it just melts in the mouth. Since I don't get that rava in my place, I made with normal rava which we use for upma. With just household ingredients, you can make this rava ladoo in a very less time. Do try this rava laddu recipe (Semolina Balls) to your family for diwali and enjoy :-):-)

Makes : 7 Ladoos

Ingredients for rava ladoo

- 3/4 Cup of Rava / Sooji / Semolina
- 1/2 Cup of White Sugar
- 1/4 Cup of Coconut (Fresh/Dry)
- 1/2 Cup of Milk or 1/4 cup of milk and 1/4 cup of water
- 2 Whole Cardamom
- Few Roasted Cashews and Almonds
- 3 Tbsp of Ghee (Clarified Butter)



Method for rava laddu recipe

- Heat a pan with ghee, add rava, roast it in a low flame until nice aroma comes and color changes. Keep stirring

continuously, do not burn it while roasting. Let it cool down and grind it in a mixie(blender) to a fine powder. Also grind the sugar along with cardamom(elaichi).

- Transfer both the powdered sugar and roasted rava to a large bowl. Heat a pan, slightly roast the coconut for a min and transfer this to a bowl.Heat ghee in a pan and pour it to the bowl. Add some roasted cashews and almonds.

- Heat milk in a pan in a medium flame, sprinkle the milk and mix it. Make small size balls out of the mixture. If you find your mixture is dry, sprinkle some more warm milk and make rava balls.
- After it cool down, store it in an airtight container.

Tips

- Always roast the rava in medium flame, otherwise it would burn and become tasteless.
- Adding milk reduces shelf life so if you want to keep it for long time, add more ghee and avoid milk and coconut.
- Always store it in an airtight container.
- Instead of milk, you can use mix of water and milk.
- Adjust the amount of sugar according to your taste.
- You can add saffron, that will give you colorful ladoo.

Technorati Tags: Rava ladoo,rava laddu,diwali sweets,Indian Sweet recipes, rava urundai,sooji ladoo, rava kesari,rava kesari recipe,how to make rava kesari,rava kesari with

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