Mini Badhusha Recipe / Diwali Sweet Recipe



Badhusha is a super flaky popular Indian sweet loved by everyone because of its mild sweetness. This classic dessert is also called BALUSHAHI in northern part of India. It is prepared during festival occasions like diwali and other occasion like wedding. Badhusha is my amma's favourite sweet. It has got crispy outer covering and flaky, juicy and soft inner part. Five years back, when I first tried donut in US, it tasted almost like badhusha , same ingredients like all purpose flour, sugar and butter is used so obviously same taste This post is very special to me, as it was made by **my mom (amma)** for my blog and the photo was clicked by **my sister**

in law. This is a bite sized mini badhusha. This is my amma's second guest post. Last year, my mom made a easy diwali sweet recipe, rava kesari for my blog. Mini badhusha recipe is not that difficult sweet, so give it try for coming diwali, you will love it .



How to make Mini Badhusha Recipe



4.7 from 3 reviews

Mini Badhusha Recipe / Diwali Sweet Recipe



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Prep time

1 hour 20 mins

Cook time

30 mins

Total time

1 hour 50 mins

Author: Gayathri Ramanan
Recipe type: sweet
Cuisine: Indian
Serves: 10
Ingredients

- 1 cup of Maida(All purpose flour)
- ¼ Cup of Curd (yogurt)
- ¼ Cup of Ghee or Butter
- 1 Tsp of Sugar
- Pinch of Baking Soda
- Pinch of Salt
- To make sugar syrup
- ½ cup of Sugar
- Water to immerse the sugar
- 1 Tsp of Lemon Juice
- 2 Pinches of cardamom powder

Instructions

1. In a bowl, add curd, ghee, sugar, salt and soda, mix well with whisk.
2. To that, add maida, mix well with hand, add water little by little and make into a smooth dough. Keep it aside for an hour.
3. Divide into equally sized small balls out of the dough and gently press it in the middle to form a depression. or you can make decorative ends as swirls.
4. Meanwhile, heat oil to deep fry, when it is hot (350 F), add pinch of dough it it rises up immediately then you are good to go, in a medium flame, gently put the badhusha into hot oil and cook both sides until it turns brown colour and shh sounds disappears. Follow the same method for the remaining badhusha.
5. To prepare sugar syrup
6. Heat a pan with water and sugar, boil it for few mins until you get single strand consistency, add cardamom

powder, lemon juice and mix well. Dip well the fried badhusha in sugar syrup on both sides, keep immersed for 2 mins then transfer it to a plate and enjoy.

Notes
You have to dip the badhusha when it is hot and keep the badhusha in syrup until you fry the second one..similarly do it for the rest of the badhusha
Do not fry the badhusha in high flame the inside won't get cooked.
Lemon juice is added to prevent crystallization of sugar.
you can double or triple the recipe as you prefer.
You can also add saffron to the sugar syrup, if you like.



Tags: badhusha recipe, mini badhusha recipe, balushahi recipe, badhusha seivadhu epadi, how to make badhusha at home, prepare badhusha recipe at home, easy diwali sweets recipe diwali 2015 recipe

Easy Peanut Ladoo Recipe / Peanut Jaggery Laddu



Easy Peanut Ladoo Recipe / Peanut Jaggery Laddu / Peanut coconut laddo is a healthy delish that can be made very quickly with just 5 ingredients. You can make this ladoo for kids as after school snacks or during festival occasions like

diwali or any occasions. I used dry roasted peanuts, if you have raw peanuts, dry roast it before making ladoo. Every bite of ladoo is very soft and scrumptious. My husband loves peanuts, so I made it for him. In this ladoo, jaggery adds a sweet note, cardamom for flavor, coconut and ghee for taste. Even a diabetic people can eat this ladoo in moderation as peanut are low in glycemic index. Foods with low glycemic index do not trigger a spike in blood glucose. Try this easy ladoo for diwali and let me know friends how it turned out for you.

Check my other ladoo recipes

1. Rava ladoo
2. Sesame ladoo
3. Ragi Almond Ladoo
4. Aval Ladoo / Poha Ladoo



How to make easy peanut ladoo recipe

5.0 from 1 reviews
Easy Peanut Ladoo Recipe / Peanut Jaggery Laddu



Save Print
Prep time
5 mins
Cook time
2 mins
Total time
7 mins

Easy Peanut Ladoo Recipe / Peanut Jaggery Laddu is a healthy delish that can be made very quickly with just 5 ingredients. You can make this ladoo for snacks for kids or festival occasions like diwali.
Author: Gayathri Ramanan
Recipe type: sweets
Cuisine: Indian
Serves: 6
Ingredients

- ½ Cup of Peanut (Dry Roasted)
- ¼ Cup of Coconut (Frozen)
- ¼ Cup + 2 Tbsp of Jaggery
- 2 Green Cardamom, Crushed
- Pinch of Salt
- 1 Tsp of Ghee

Instructions

1. In a mixie jar, add all the ingredients except ghee and grind everything together..
2. Heat a pan with little ghee, add the ground mixture, saute it for a 2 mins in a medium low flame and turn it off. Allow it cool for few mins.

3. Make into a balls or any desired shape.
4. Delicious peanut jaggery ladoo is ready to serve.

Notes
Here I used roasted peanuts, if you have raw peanuts, dry roast or oil roast it and then use.
If you don’t like jaggery taste, replace it with white sugar.
For variations, you can use palm jaggery or brown sugar or honey or agave for sweetness.
If you are allergic to coconut, avoid it.
Adding a pinch of salt to enhance the sweet taste.
You can also add any nuts to this ladoo. Since peanut is a nut, I didn’t add any nuts.



Tags: easy peanut ladoo recipe, peanut ladoo, ladoo recipe, peanut laddu, peanut jaggery ladoo, peanut coconut ladoo, how to make peanut ladoo recipe, prepare peanut laddu, verkadalai ladoo, groundnut ladoo, ladoo recipe for diwali, healthy diwali sweets., diabetic sweets for diwali, easy sweets for beginers