

Kyoya Gulab Jamun Recipe / Homemade Gulab Jamun



Kyoya gulab jamun recipe (Homemade Gulab jamun) is a Indian classic dessert made with kyoya (unsweetened milk solids) as main ingredient. To be honest, I love only home-made gulab jamun. Gulab jamuns are favourite to everyone and it can be prepared for all festival occasions. Gulab jamun can be made in different ways like [milk powder gulab jamun](#), potato gulab jamun, bread gulab jamun. But this kyoya (mawa) gulab jamuns are best, they are light, super soft and melt in mouth in texture. I used readymade kyoya to make this gulab jamun, you

can also use homemade kyoya. It is really an easy recipe to try for this diwali with simple ingredients and tastes yummy.

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How to make kyoya gulab jamun recipe



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Prep time

20 mins

Cook time

30 mins

Total time

50 mins

Kyoya gulab jamun (Homemade gulab jamun) is a Indian classic dessert made with kyoya as main ingredient. They are light, super soft in texture. Try this easy recipe for diwali, you will love it.

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Recipe type: Dessert

Cuisine: Indian

Serves: 25

Ingredients

- 200 gms of Kyoya (unsweetened milk solids)
- 4 Tbsp of Maida (all purpose flour)
- Pinch of salt
- 2 Pinches of baking soda
- 2-3 Cardamom
- 1 and $\frac{1}{2}$ cups of Sugar
- 1 and $\frac{1}{2}$ cups of Water
- Oil to deep fry
- Rose Essence is optional

Instructions

1. First bring the kyoya to room temperature.
2. Take kyoya in a bowl and crumble it. Add maida, baking soda, salt to a bowl and mix well.
3. Add water little by little, gather together to form a dough. Take a tablespoon, scoop the dough and invert it and shape it into a ball as shown in the picture. Don't apply pressure while rolling and don't roll them tight.
4. Meanwhile, make a sugar syrup – take sugar and water in a pan, boil it for 10 mins. Add cardamom and stir it gently, if syrup turns sticky turn it off.
5. Heat a pan with oil to deep fry. When it is hot, drop the jamuns 2-4 at a time, fry them in a medium flame till golden brown. After it is done, drain it in a paper towel and add it to warm syrup (not super hot). If you want, add rose essence to the syrup. Cover it and let it

- rest for 4 hrs to absorb the sugar syrup.
6. Garnish with nuts of your choice.
 7. Kyoya gulab jamuns are ready.

Notes

Dont apply pressure while rolling the dough and dont roll the dough tightly.

If your dough is too sticky, add extra tbsps of maida not more than that.

Make sure you keep in low flame while cooking the jamuns as it may get burnt easily. If the oil is too hot, then the jamuns may turn brown faster but it may not have cooked inside especially the center part.

If you have cracks, sprinkle little more water and make a dough.

Do not add too much of water while kneading as kyoya is moist in texture.

Fry only till deep golden brown, not too dark.

Give at least 3-4 hours standing time before eating the tasty jamun.

