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SUPPLEMENT

FRIDAY 21 OCTOBER, 2022



Diwali Cooking

Recipes by Wendy Rahamut
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Diwali Cooking



Paratha

Ingredients:

For the dough:

4 cups all-purpose flour
1 tbs butter or ghee, softened
1 tsp brown sugar
1 tsp salt
2 tsp baking powder
2-3 cups water

For the filling:

6 tbs softened butter or ghee
flour

To cook the paratha:

4 tbs coconut oil
4 tbs melted butter or
8 tbs melted ghee

Directions:

Combine flour with one tbs butter, sugar, salt and baking powder. Add enough water to knead to a very soft dough. Cover and rest for 30 mins.

Divide dough into six pieces, form each piece into a ball. Roll out each piece of dough or press out with fingers into a six-inch circle, place about ¾ tbs butter onto dough and spread to the ends.

Cut the dough into half from the middle of the top edge. Leave a one-inch uncut portion at the base.

Starting from the top right hand side portion, roll the dough all the way to the bottom and up the left side. Your dough should resemble a cone. Tuck the end under.

Push the pointed part into the dough, flatten slightly and rest for a further 30 minutes.

Combine butter with oil.

Lightly flour a surface. Roll each piece of prepared dough into an 8-10-inch circle and cook on a hot baking stone.

Turn, brush with oil, turn again, brush with oil and cook until it balloons or bubbles on the surface then remove. This should take about three to four minutes in total.

Beat the roti with your hands or a wooden spatula to break and flake.

Serve with any curried dishes.

(Makes 6)

Dhalpourie

Ingredients:

½ lb yellow split peas
½ tsp saffron/turmeric powder
2 cloves garlic
3 tsp ground roasted geera/cumin
4 cups all-purpose flour
3 tsp baking powder
1 tsp salt
1 tsp brown sugar
½ cup melted butter or ghee
Approximately 2 cups water for kneading dough

Direction:

Place split peas into a pot. Cover with water, add saffron and garlic and bring to a boil. Lower the heat and boil for about 15 to 20 minutes until peas are tender and cooked but not mushy.

Drain in a colander and cool. Grind peas to a fine consistency using a food processor or food mill. Season with salt and geera.

Combine flour with baking powder, salt, and sugar. enough cool water to make a soft pliable dough. Cover and let rest for 30 minutes.

Divide dough into 8 pieces, form into smooth balls and cover. Pat each piece of dough into a 3-inch circle.

Cupping the dough in your hands, fill the cavity with about 1½ tablespoons of dhal.



FILE PHOTO/
SUREASH CHOLAI

Bring the sides of the dough together at the top and pinch together so that the filled dough becomes a smooth ball. Repeat.

Heat a baking stone.

Roll the filled roti dough/loyas into an 8-inch circle about ¼-½ inch thick.

Place on heated baking stone. Cook until bubbles appear.

Flip roti and brush with melted butter. Turn again and brush with butter, roti should balloon, at which point it is cooked.

Remove and repeat.

Makes 8 roti.

Aloo Poori

Ingredients:

For the filling:

½ lb potatoes, peeled
½ cup finely chopped chives
1 tsp salt
1 tsp freshly ground black pepper
2 cloves garlic, minced
1 tbs ground roasted cumin
½ tsp pepper sauce, or to taste
¼ cup chopped cilantro or chadon beni

For the dough:

3 cups all-purpose flour
3 tsp baking powder
1 tbs butter, softened
1 cup cool water

To cook:

½ cup melted butter or ghee

Directions:

Combine all the dry ingredients for the dough, add the butter and rub it into flour until it is combined.

Add the water and knead to soft dough. Cover and let rest for 30 minutes.

Meanwhile, boil the potatoes and mash



to a smooth consistency. While still hot, add chives, garlic, pepper, salt, black pepper, cumin and cilantro and mix well.

Divide the dough into 6 equal pieces.

Flatten dough in the palm of your hand to about a three-inch circle and cup the dough.

Put about three tablespoons of the potato mixture in the centre and fold the dough over to cover the potato, like forming a dinner roll.

Repeat and allow to rest for 15 minutes. Heat your baking stone or tawah.

On a lightly floured board, gently roll the roti as thin as possible without bursting, about ¼ inch thickness.

Place the roti on the hot tawah and when tiny bubbles appear on the surface, quickly turn over. Brush cooked side with melted butter and turn again.

Brush the other side with butter and press the edges to ensure even cooking. At this point your rotis should have many large bubbles and should be cooked. Do not allow to brown too much.

Wrap roti in clean tea towels to keep warm.

Makes six to eight rotis.

Sada

Ingredients:

4 cups all-purpose flour
4 tsp baking powder
1 tsp salt
1 tsp ghee or butter
Water

Directions:

Combine flour with salt and baking powder, rub butter into flour. Add enough water to make a firm dough.

Turn dough onto a lightly floured table and knead for about five minutes until smooth. Divide dough into four pieces. Make each piece of dough into a smooth ball.

Cover with a damp towel and let rest for 15 minutes.

Heat a baking stone.

Roll out dough to about ½ inch thickness.

Place on heated baking stone, cook until small bubbles appear on dough. Turn over roti and continue to cook for about four minutes longer.

Using pot holders or a towel pull the baking stone away from the fire toward you to expose the open flame or heat element.

Push the roti onto the open flame and swiftly turn around so that the roti begins to balloon. Shift the entire roti so that it comes in contact with the flame and balloons.

Remove from heat and wrap in towels.

Makes 4 sada rotis.

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Diwali Cooking

Spiced rice pilaf with chick peas and pine nuts

Ingredients

3 tbs coconut oil	1 14-oz tin channa
1 large onion, finely chopped	½ cup toasted pine nuts
1 clove garlic, chopped	1½ cups parboiled rice
1 tsp ground cinnamon	¾ cups vegetable stock
½ tsp turmeric powder	salt and pepper
½ tsp paprika	½ cup raisins or currants

Directions:

Heat oil in a sauce pan, add onions and garlic and saute until tender, about four minutes.

Add cinnamon, turmeric and paprika, stir and add the chickpeas.

Add pine nuts and combine. Add rice and saute with spices so that all the rice grains are coated.

Add chicken stock, stir well. Season with salt and pepper.

Add raisins or currants, bring to a boil and cover and simmer until rice grains are tender.

Fluff with a fork.

Serves 4 to 6.

Palak paneer

Ingredients:

½ lb fresh spinach leaves
2 medium-sized tomatoes
½ cup chadon beni leaves
1 green hot pepper, chopped
1 tbs fenugreek powder (optional)
3 tbs coconut oil
1 medium onion finely chopped
1 tbs fresh ginger
2 cloves garlic
2 tsp ground coriander
1 tsp ground cumin
¼ tsp turmeric
1 lb paneer cut into ¾-inch cubes

Directions:

Bring a large pot of water to a rolling boil and drop all the spinach into it. As soon as it wilts, drain in a colander and run cold water over it. Set aside to drain for another five minutes. Do not try to squeeze any more water out of it.

Put the tomato, spinach, chadon beni, hot pepper and fenugreek into a food processor and process until smooth. Set aside.

Pour the oil into a medium, non-stick frying pan and set over a medium heat.

When hot, add the onion and fry for seven to eight minutes, or until soft and golden.

Add the ginger and garlic and continue to stir-fry for another 2-3 minutes.

Add the chilli powder, ground coriander, cumin and turmeric.

Pour in the mixture from the blender, stir and fry for a few minutes, add the salt and stir in the paneer.

Add about ½ cup water, cover and let simmer for 10 minutes.

Serves 6

Vegetable biryani

Ingredients:

2 cups Basmati rice, washed, soaked in water for 20 mins and drained
1 tsp saffron threads, toasted and steeped in one cup warm water
3 onions, peeled
4 cloves garlic
1-inch piece ginger, chopped
2 tbs blanched and slivered almonds
3 tbs water
2 tbs cashew nuts
3 tbs raisins
4-6 tbs vegetable oil
1½ lbs mixed veg (carrots, cauliflower, potato etc)
1 cup yoghurt
6 cloves
½ tsp black peppercorns
1 tsp cardamom seeds
1 tsp cumin seeds
1 tsp coriander seeds
2-inch cinnamon stick
¼ nutmeg
Pinch of cayenne

Directions:

Thinly slice two onions and set aside. Place one onion into a food processor or blender; add garlic, ginger and two tbs almonds. Add water and process to a paste.

Meanwhile, heat some oil in a frying pan and fry cashews until golden. Remove nuts then fry raisins until they begin to pop.

Remove and set aside for garnish.

Add some more oil and fry onion slices until dark brown and crisp.



SOURCE: AMOMSCOOKBOOK.COM

Heat 2 tbs oil in a large saute or shallow pan. Add garlic and ginger paste, stir and fry until medium brown in colour.

Add vegetables to pan, stir and combine. Add yogurt and some salt, stir and fry.

Place cloves, peppercorns, cardamom seeds, cinnamon, nutmeg, and cayenne into a spice mill and process to a fine powder.

Add all this to the vegetables, add the rice and stir to coat well with spices.

Add 1 cup water with saffron threads and 1¼ cup additional water.

Simmer for 15 minutes.

Check and fluff. Stir in onions and decorate with raisins and cashews.

Serves 8

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Diwali Cooking



*Fried potato
Indian style*

Ingredients:

- 4 large potatoes
- 4 tbs vegetable oil
- 6 cloves garlic
- 1 onion, thinly sliced
- 1 hot pepper, sliced
- Salt

Directions:

Peel potatoes, cut in 2, and then slice very thin.
Heat oil in a non-stick saute pan, add garlic, onion and pepper and cook until onions are tender.
Add potatoes and cook on medium heat, turning frequently and scraping the bottom of the pan.
After about five minutes, lower heat and cover, steam cook for another 5 to 8 mins.
Remove lid, add salt and cook until potatoes are tender, all the while scraping the crispy part off the bottom of the pan.
Add browned pieces into the mixture.
Cook until the potatoes have lost a lot of their moisture and there are lots of brown pieces.
Serve hot with sada roti

Serves 4.

Curried bodi

Ingredients:

- 2 tbs vegetable oil
- ½ onion, sliced
- 2 cloves garlic, chopped
- ½ hot pepper seeded and sliced
- 1 tbs curry powder mixed with 1/4 cup water
- 1 bunch bodi, cut into one-inch length pieces
- Salt

Directions:

Heat oil in a saute pan, add onion, garlic, and hot pepper, and cook for a few mins. Add curry and cook until mixture is dry.
Add bodi, toss well and add salt.
Cover and cook for about eight minutes, remove lid and continue cooking for about five mins until tender.

Serves 4.

Melongene choka

Ingredients:

- 2 large 4-5 lbs melongenes
- 1 medium onion, finely chopped
- 2 pimento peppers, seeded and chopped
- 1 hot pepper, seeded and chopped
- 6 cloves garlic, chopped
- ¼ cup vegetable oil
- Salt and freshly ground black pepper to taste.
- Freshly chopped parsley for garnish.

Directions:

Roast whole melongenes on an open flame until limp and very soft. Remove the stem and with a knife cut directly down the middle. Using a spoon, scoop out the flesh from the charred skin.
Place in a dish and add onions. In a small frying pan, heat oil, add garlic and peppers and cook until garlic just starts to turn golden brown. Pour hot oil with peppers and garlic into melongene.
Combine and adjust seasonings. Sprinkle with parsley and serve.

Serves 4.



SOURCE: SOAKEDINSOCA.COM

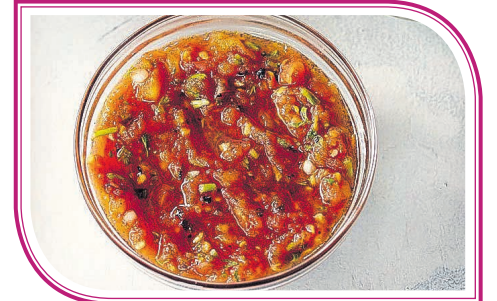
Tomato choka

Ingredients:

- 1 lb tomatoes
- 1 medium onion finely chopped
- ½ hot pepper or to taste
- 3 cloves garlic, chopped
- 2 tbs coconut oil
- Salt to taste

Directions:

Preheat oven to 400° F
Rub tomatoes with oil, make small incisions in each tomato and place into a greased glass dish.
Oven roast until tender for about 10-15 mins.
Place tomatoes in a mixing bowl and use a potato masher to crush tomatoes to a pulp, remove skin, add the onion, and pepper.
In a small frying pan heat the oil to smoking, add the garlic and cook to a sizzle or until the garlic turns light brown.



Remove and pour the hot garlic oil into the tomatoes.
Mix well, season with salt and pepper.
Serve with sada roti

Serves 4.

Smashed pumpkin with garlic and pepper

Ingredients:

- 2 tbs vegetable oil
- 1 onion, sliced
- 4 cloves garlic, chopped
- 1 hot pepper seeded and sliced
- 1 lb pumpkin, peeled and cubed
- Salt

Directions:

Heat oil in a saute pan, add onion, garlic, and hot pepper and cook for a few mins. Add pumpkin and stir, cook covered on a medium heat for about 10 mins, then remove lid.
Mash pumpkin, add salt and continue cooking until all the liquid is dried up.

Serves 4



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Diwali Cooking

Curried seim and pigeon peas

Ingredients:

- 1 tbs vegetable oil
- 2 cloves garlic, chopped
- 1 onion, thinly sliced
- 1 hot pepper, seeded and chopped
- 2 tbs curry powder, dissolved in 1/3 cup water
- 1 lb fresh seim, cut into one-inch pieces, string removed
- 1 cup cooked pigeon peas
- 1 tomato

Directions:

Heat oil in saute pan, add garlic, onion and peppers, cook until fragrant and onion begins to turn brown.
 Add curry paste and cook until water has evaporated. Add seim and stir to combine.
 Add pigeon peas and stir, add a small amount of water and cover, stirring occasionally and only adding water when necessary.
 Cook for 20-30 minutes until tender.

Serves 4 to 6.



Curried chataigne

Ingredients:

- 3 lbs chataigne
- 1/4 cup water
- 2 tbs curry powder
- 2 tbs oil
- 1 tbs chopped garlic
- 1 onion, finely chopped
- 1 hot pepper, seeded and chopped
- 1 cup coconut milk
- Salt to taste

Directions:

Peel chataigne, remove the pulp and separate this from the seeds. Peel the seeds by removing the outer shell. Reserve skin, and seeds and pulp. Cut pulp or break into small one-inch pieces.
 Mix water with curry and set aside. Heat oil in a saute pan, add garlic, onion and pepper and cook until fragrant.
 Add curry mixture, let it sizzle

and cook until almost dry. Add chataigne, stir well, season with salt and add coconut milk.
 Lower heat and cook for about 30 mins, stirring occasionally and adding a small amount of water to prevent sticking.
 When seeds are tender chataigne is cooked. Adjust salt as needed.

Serves 4-6.



Photo courtesy Anita Seeboo, food blogger behind the page Anita's Circadian.
 Connect with Anita:
 Instagram: https://www.instagram.com/anitas_circadian
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Roasted coconut chutney

Ingredients:

- 1 coconut, meat removed in large pieces
- 1 hot pepper, seeded
- 4 cloves garlic
- 1 small onion
- 2 blades chadon beni

Directions:

Wash and dry coconut meat, roast over an open flame until browned all around. Grate or blend with pepper, garlic, onion and chadon beni. Add salt to taste.
 May last about 2-3 days in the refrigerator.

Makes about 8 ozs.

Tamarind chutney

Ingredients:

- 2 cups peeled, ripe tamarind pods
- 2 tablespoons salt
- 2 cups granulated sugar
- 2 tablespoons freshly ground, roasted geera
- 1/2 hot pepper, seeded and minced
- 6 cloves of garlic minced

Directions:

Put tamarind pods in a small saucepan and barely cover with boiling water, let steep for 30 mins.
 Remove the seeds from the tamarind and discard, (a potato crusher works well to separate the seeds from the pulp).
 Pass the mixture through a strainer.

Add the salt, sugar, geera, pepper and garlic and stir to mix.
 Bring the mixture to a boil and remove from heat.
 Cool.
 Taste and adjust seasonings.
 The chutney should taste slightly sour-sweet.

Mango kutchela

Ingredients:

- 10 green mangoes
- 20 cloves garlic, peeled
- 4 hot peppers
- 1 small package amchar masala
- 1 cup mustard oil

Ingredients:

Peel and grate mangoes, squeeze out the liquid and lay flat on a large tray to dry. Place out in the sun or in a 200° F oven for a few hours.
 Mince garlic and pepper, add to mangoes, then stir in amchar

masala.
 Pour on the mustard oil and stir until it coats the mango.
 Taste and adjust to suit.
 Makes about four 8-oz jars.
 Will keep for up to one year.

Mango chutney

Ingredients:

- 2 large green mangoes, peeled and grated
- 1 tsp garlic, minced
- 1/4 cup chadon beni, chopped
- Salt and freshly-ground black pepper

- 1 tsp pepper sauce or to taste
- 1 tsp sugar

Directions:

Place all the ingredients in a blender, except the sugar, and blend to a fine consistency.

Add sugar only to balance the sourness of the mangoes and adjust salt as needed. Will keep for two weeks in a glass bottle in the refrigerator.

Makes about 1 cup.

Diwali Cooking

Samosas

Ingredients:

For the dough:

1½ cups all-purpose flour
 ½ tsp salt
 ½ tsp baking powder
 1½ tbs vegetable oil

For the filling:

1 tbs vegetable oil
 1 onion, finely chopped
 2 tsp garam masala powder
 ½ tsp chili powder
 1 tbs minced ginger
 2 cloves garlic, minced
 1 cup frozen green peas
 1 lb potatoes, boiled and cut into small cubes
 2 tbs lime juice
 Salt to taste

Directions:

Sift flour and add salt and baking powder. Rub in oil and add water a little at a time to form a dough.

Knead well and set aside to rest for 30 mins. Knead the dough again, make 16-20 even-sized balls and cover.

Make a flour paste by combining one tablespoon flour with water to form a thick paste and reserve.

In a medium saute pan, heat oil, add onion and saute for four to five minutes.

Add garam masala powder, chili powder, ginger and garlic, stir and fry until fragrant. Add green peas and stir, cook for a few minutes more until peas are tender.

Add potatoes and season with salt to taste, cook until all the ingredients are well combined.

Remove, add lime juice and stir well. Cool filling.

Assemble the samosas:

On a lightly floured surface, roll each ball into a thin circle four to five inches round.

Cut across the centre and apply the flour paste along the straight edge and bring the two corners together, overlapping slightly to make a cone.

Secure by pressing the pasted edges together.

Fill the cone with the filling, apply paste to the open mouth and seal the edge.

Heat oil and when it is moderately hot, fry samosas a few at a time until golden brown.

Drain on kitchen paper and serve hot or cold with chutney.

Makes about 15 to 20



PHOTO BY SUREASH CHOLAI

Baiganees

Ingredients:

1 lb split peas
 2 cloves garlic minced
 1 tsp saffron powder
 ¼ tsp baking soda
 2 tsps baking powder
 2 tbs flour
 1½ tsp salt
 1 tsp pepper sauce
 1 eggplant cut into ½-inch slices
 Salt

Directions:

Wash the split peas, place in a bowl and cover with water. Leave to soak overnight.

Next day, drain the split peas and grind in a food processor or food mill until the consistency is smooth.

Add garlic, saffron powder, baking soda, baking powder, flour, salt and pepper. Allow to rest for one hour. If the mixture seems too dry add a little water.

Salt eggplant and let stand for 15 minutes. Rinse and pat dry.

Heat oil in a wok or deep skillet.

Using your fingers or a small knife carefully paste split pea mixture onto both sides of the eggplant slices and fry immediately until golden brown. Drain and serve with chutney.

Makes about 24.

Saheena

Ingredients:

1 large bunch dasheen bush, stems and tips of leaves removed (about 6 to 8 leaves)
 1 cup split peas powder
 1 tsp saffron powder
 1 tsp salt or to taste
 1 tsp freshly ground black pepper
 1 grated onion
 2 cloves garlic, minced
 1 lime
 1 tsp baking powder

Seasoned flour:

1 cup flour
 Salt and pepper

Coconut oil to fry

Directions:

Combine split pea powder, saffron, salt, black pepper, onion and garlic, and add enough water to make a soft spreadable paste.

Squeeze juice of half of a lime over peas and beat with a wooden spoon. Cover until ready for use.

Bring a large pot of water to a boil, squeeze the juice of half a lime into it, place dasheen



PHOTO BY ANGELO MARCELLE

leaves into water and steam for about three mins until leaves become pliable. If you cook your leaves too much, they will break when you are using them later on. Gently remove leaves and cool.

On a large surface, spread leaves open and overlap to make a rectangle about 24 inches by 30 inches. Gently spread the split peas mixture onto leaves making a thin covering, leaving about one inch of boarder space around the edge of the leaves.

Starting at the long end, roll the leaves up jelly roll style, tucking the ends into the roll as you go along.

Tie with a string and steam the roll for about 15 minutes. Remove and cool.

Slice the dasheen roll and dredge in seasoned flour. Fry in hot oil and serve with chutney.

Makes about 20.

Phulourie

Ingredients

1 lb split peas
 2 cloves garlic, minced
 ½ lime, juiced
 1 tsp saffron powder
 ¼ tsp baking soda
 2 tsp baking powder
 2 tsp flour
 1 ½ tsp salt
 1 tsp pepper sauce

Directions:

Wash split peas and leave to soak

overnight. Next day, drain split peas and grind in a food processor or food mill until the consistency is smooth. Add garlic, lime juice, saffron powder, baking soda, baking powder, flour, salt and pepper. Allow to rest for one hour. If the mixture seems too dry add a little water.

Beat the mixture with a wooden spoon to incorporate air and lighten the mixture. Let stand for about 30 minutes.

Heat oil in a deep fryer, and drop the



SOURCE: FOOD52.COM

mixture by teaspoonfuls into hot oil. Fry until golden brown or until the phulourie floats to the top of the oil.

Drain and serve immediately with chutney of your choice.

Makes about 6 dozen.

Diwali Cooking



SOURCE: ALICASPEPPERPOT.COM

Cream of wheat parosad

Ingredients:

- 1 cup cream of wheat
- 1/3 cup ghee
- 1/2 cup granulated sugar
- 2 cups evaporated milk
- 1 tsp ground cardamom seeds
- 1/2 cup raisins
- 1/4 cup slivered almonds

and cream of wheat, parch to a golden brown.

Combine sugar and milk in a small saucepan and bring to a simmer, remove from heat.

Pour into parched cream of wheat and cook, stirring well until cream of wheat becomes fluffy and milk is completely absorbed.

Add cardamom, raisins and almonds. Stir and remove to glass serving bowl.

Directions:

Serves 10.

Heat a medium sized skillet, add ghee

Kurma

Ingredients:

- 4 cups all-purpose flour
- 1 tsp ginger powder
- 1 tsp cinnamon
- 1/2 cup butter
- 4 tbs condensed milk
- Oil for frying

For the sugar syrup

- 2 cups granulated sugar
- 1 cup water

Directions:

Place flour with spices into a bowl, add butter and rub into flour. Add milk and bring the dough together, then add enough water to knead to a firm dough. Divide into 2 pieces.

Roll dough to desired thickness and cut into strips or squares.

Heat oil in a deep pot or wok and deep fry kurma to a golden brown colour. Drain and coat with sugar syrup, turning to coat until sugar crystallises.

Boil sugar in water until thick and very bubbly. When sugar spins a thread boil for another two mins, then pour hot and bubbly onto kurma.

Barfi

Ingredients:

- 2 cups granulated sugar
- 3/4 cup water
- 1 tbs grated ginger
- 1 lb full cream powdered milk
- 1 cup thick or heavy cream
- Hundreds and thousands (coloured sugar balls)

Directions:

Grease a 9 x 9 inch glass dish.

Combine sugar, water and ginger in a small sauce pan. Boil for about 10 mins until sugar spins a thread.

Combine powdered milk with cream,

mix thoroughly. Pass this mixture through a sieve.

Pour sugar syrup into milk mixture and mix well. Press mixture into dish using the back of a spoon.

Decorate with hundreds and thousands. When cool, cut into squares.

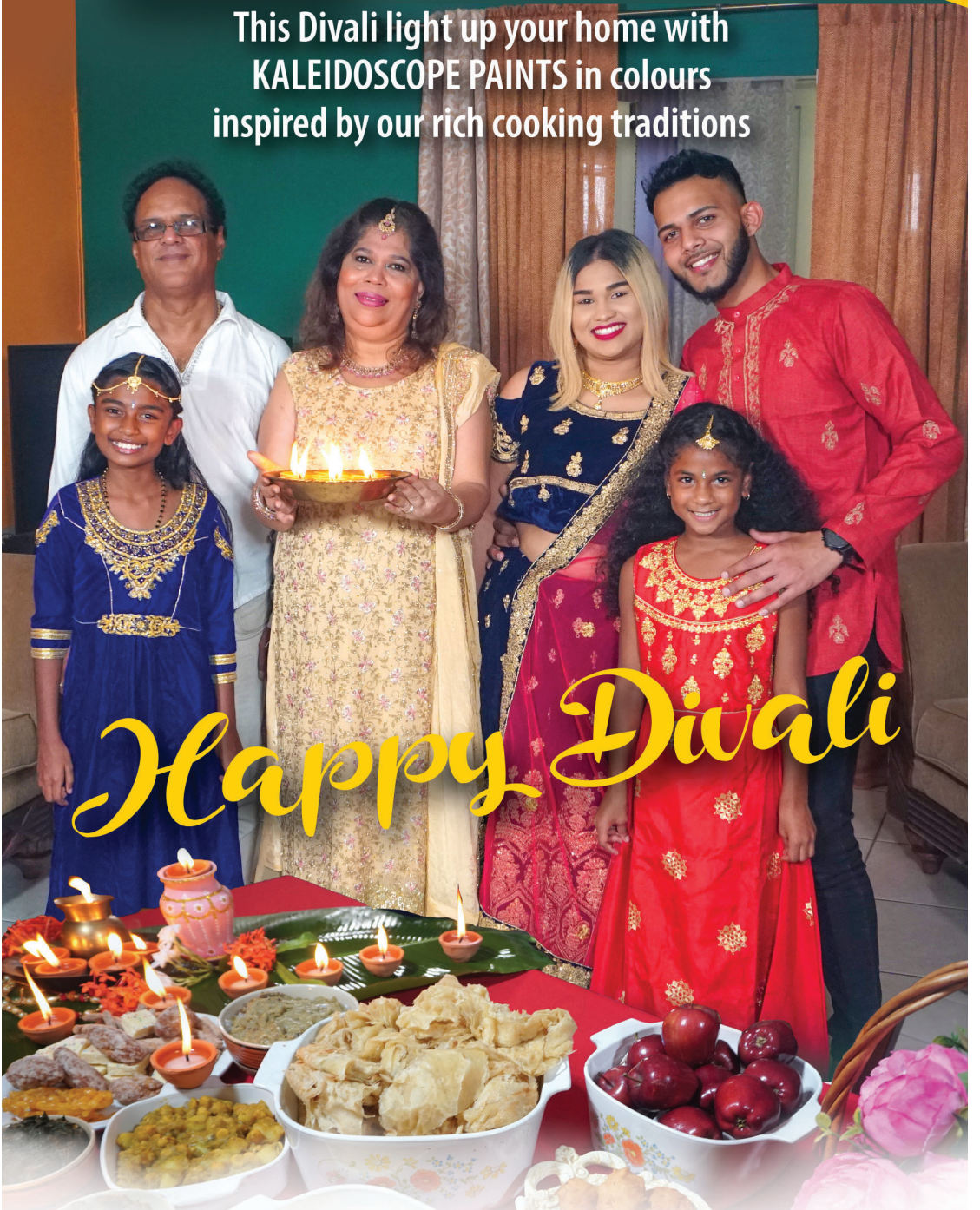
Makes two dozens.



PHOTO BY MARVIN HAMILTON



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Diwali Cooking



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Jalebi

Ingredients:

2 cups all-purpose flour
1-2 cups warm water
Oil to fry

For the syrup

2 cups granulated sugar
1 cup water
1 tsp orange peel, grated

Directions:

Combine flour with just enough water to make a thick but pourable batter.

Cover and set aside for about two days. This allows the batter to take on an almost sourdough flavour.

Combine ingredients for syrup, boil for five mins and then cool.

Heat oil in a deep fryer and pour batter from a funnel or jug in a thin stream into hot oil to form a pattern of overlapping swirls to about a four-inch diameter.

Fry until golden, turn and finish frying on other side. Drain on paper towels then place in sugar syrup.

Makes 10.



Rasgulla

Ingredients:

1 cup flour
½ cup full cream milk powder
¼ cup ground almonds
1 tsp baking powder
⅛ tsp baking soda
½ tsp ground cardamom
2 tbs butter
¼ cup plain yogurt
2-3 tbs water
Vegetable oil to deep fry

Directions:

Place all dry ingredients into a bowl, rub in butter to fine crumb stage. Stir in yogurt.

Add water and knead to a soft dough. Form dough into 20 small balls.

Heat oil and fry rasgullahs until golden. Remove and drain.

Make syrup:

Combine two cups sugar with one cup water. Add six bruised cardamom pod. Boil for five minutes until sugar is dissolved. Add 1 tsp rose water then pour onto rasgullahs.

Let sit until ready to serve.

Serves 10.

Laduo

Ingredients:

1 lb split peas powder
½ tsp baking powder
2 drops yellow food colouring
8 ozs water
Coconut oil for frying
2 cups granulated sugar
8 ozs water
4 ozs condensed milk
1 tsp ground cardamom/elychee
1 tsp ground ginger,
½ tsp ground cloves

Directions:

In a mixing bowl, combine split peas powder, baking powder, food colouring and eight ounces water and stir well until mixture is like a paste.

Preheat oil in a deep frying pan or wok.

Form the split pea mixture into one-inch balls, fry in hot oil until light golden and



cooked through.

Drain on paper towels, then process in a food processor until mixture resembles fine bread crumbs.

Remove to a large mixing bowl. Now boil sugar with one cup of water until mixture forms a thread. Add syrup to mixture. Add condensed milk and spices, mix well.

Taking two to three tablespoons mixture and with well-oiled hands, form into balls.

Store in an airtight container.

Makes about 24.



Goolab jamoon

Ingredients:

4 cups flour
1 tsp cinnamon
1 tsp ground cardamom
1 cup butter
½ cup evaporated milk
1 14-oz can condensed milk
Oil for frying

Directions:

Place flour and spices into a bowl, add butter and rub into flour, add both milks and knead to a smooth and stiff dough.

Pinch off about two-inch pieces of dough and roll to a ball, taper the ends until you have an oblong shape, then roll the ends further almost to a point.

Heat oil in a deep pot or wok and carefully deep fry on medium until dark golden brown.

Drain and coat with sugar syrup, turning to coat until sugar crystallises.