

Recipe

Gulab Jamun

By

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Ingredients

Sugar Syrup

- 2 C water
- 1¾ C sugar
- 1 Tbsp rose water
- ½ Tsp lemon juice

Jamuns (Milk Balls)

- 1½ C milk powder
- ¾ C all purpose flour (maida)
- 1 Tsp baking powder
- 2 cardamom seeds crushed
- 2 Tbsp ghee
- ¾ C cream (warmed up)
- Ghee for deep frying

Preparation

1. In a saucepan, combine the sugar and water over moderate heat until the sugar dissolves. Stir, raise the heat to high and boil for 5-7 minutes. Remove the syrup from heat. Add the rose water and lemon juice.
2. In a mixing bowl, combine the milk powder, flour, baking powder, cardamom and ghee. Add the cream and gently knead into a smooth dough. Divide in 25 equal parts. Apply some ghee on your hands and roll each part into a smooth ball.
3. Heat ghee in a deep frying pan over moderately low heat. Drop a few balls into the ghee. The balls would initially sink to the bottom. Don't disturb them. Slowly they would rise to the surface. Gently turn the balls (be careful to not break the balls) and fry them slowly until they are evenly browned from all sides (If the jamuns are cooked quickly, then they remain uncooked from inside). Drain on paper towels. Repeat the same for the remaining balls.
4. If the sugar syrup has cooled by now, then warm it before adding the balls.
5. While the balls are warm, drop them into the warm syrup. (If the balls break after dropping into the syrup, then they need to be cooked more). Allow the jamuns (balls) to soak for at least 2-3 hours before serving (After soaking in the syrup, the balls become bigger in size). Serve warm or at room temperature.

** adding lemon juice to the sugar syrup doesn't allow it to solidify after cooling.

** If store bought cream is not available then, you may use the cream which forms over the surface of the milk after boiling and allowing to sit for 12-24 hours in the refrigerator.

Yield

25 gulab jamuns

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