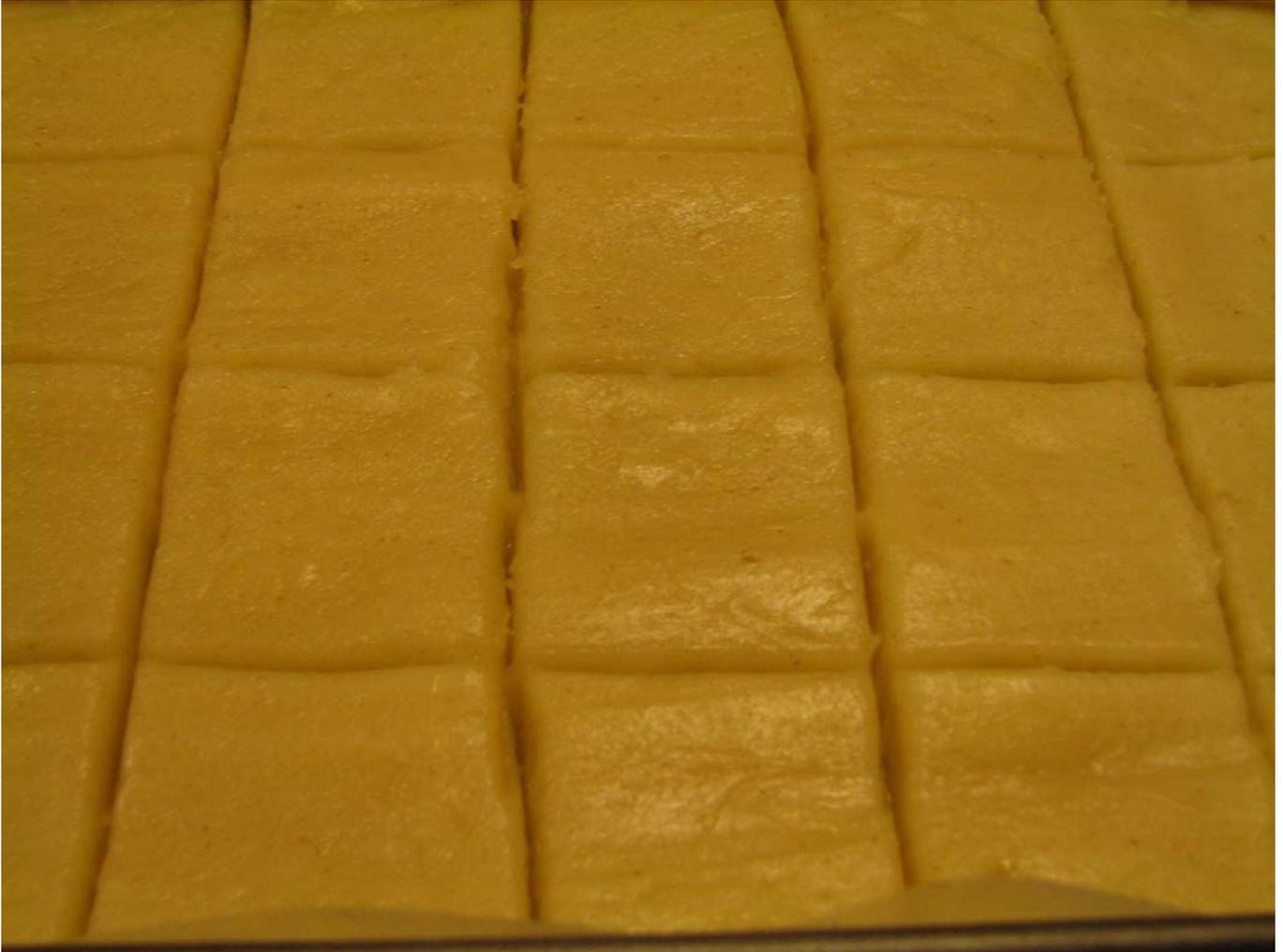


Recipe

Whole Grain Wheat Fudge

By

AnandLila devi dasi



Ingredients

- 3 C whole grain wheat
- 2½ C confectioner's sugar/icing sugar
- A pinch saffron dissolved in 1 Tbsp warm water
- 1¼ C ghee

Preparation

1. Wash and soak the wheat grains in water for 8 hours or overnight. Drain.
2. Blend the grains in a blender, adding water as required.
3. Pass the blended mixture through a sieve or cheese cloth. Squeeze the mixture as much possible liquid you can get. The liquid thus collected would be thick and white in color. Remove the upper thin foam /liquid thus formed.
4. Transfer the pulp again to the blender and add water as required. Again pass thru the seive. This second liquid thus obtained would be little diluted. (this process of extracting the wheat liquid is similar to the preparation of coconut milk)
5. In a heavy bottomed saucepan, combine the liquid and sugar over low heat. (For 3 Cups of soaked whole wheat, I got 5 Cups of liquid after extraction, hence, I use half of the amount of sugar, i.e., 2½ Cups. if your liquid thus obtained is less or more, then adjust the quantity of the sugar as required).
6. Continue stirring until the mixture is thickened. The mixture shouldn't stick to the bottom of the pan. (it takes 1 hour to get it thickened for this quantity of ingredients used). Add the saffron solution. (I prefer using saffron instead of food color. You can use whatever desired).
7. After the mixture is thickened. Add the ghee and continue stirring, until the fudge leaves the sides of the pan and gathers into a mass.
8. Transfer the fudge to a greased 9x13 –inch tray. Spread evenly over the tray and allow cooling. Cut into pieces.

** This is a South Indian style sweet recipe. It might sound time consuming but it's worthwhile putting the effort.

Serves

15-20

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Hare Rama Hare Rama Rama Rama Hare Hare**