



**DESHI MIX**  
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# SUMMERTIME SWEETS AND SAVOURIES



## NIMKI

*Nimki, also known as 'namakpara,' is a traditional North Indian snack. Made of white flour, they are tasty and crunchy, and can be made anywhere and anytime without a hassle. The best thing about this recipe is that it can be stored for a long time without using preservatives.*

### Ingredients

1 cup all-purpose flour  
3 tbsp ghee  
¼ tsp kalojeera (aniseeds)  
½ tsp salt  
Oil for deep frying

### Method

In a bowl, mix flour, salt, kalojeera and ghee. Rub the ghee well with the flour. Now add little water to make the dough. Knead the dough to make it even and smooth. Cover the dough with wet cloth and keep aside for 15-20 minutes.

Now divide the dough into small balls. Take one ball at a time and roll it into thin rotis. Cut the roti with a knife. Cut into shapes of your choice. Nimki is ready to be fried. Heat oil in a pan. Fry the 'nimkis' in low heat to make them crunchy. Fry till golden brown. Remove from oil and spread onto paper towel to drain oil and cool. Serve with tea or coffee.

### Tip

Make sure you fry 'nimkis' on low heat, if the flame is high the 'nimki' will turn brown quickly and will remain raw and soft inside. It should be golden-brown and crunchy. Store in an airtight container so that it lasts for a long time.

## BHAPA SANDESH

*There are many variations in making of a 'sandesh' some of which are quite simple as much as kneading up the three key ingredients: sugar, chhana and cardamom powder.*

### Ingredients

500g cottage cheese (chhana)  
2 egg white

Few drops vanilla essence  
10 pistachios  
150g sugar  
1 tbsp ghee

### Method

Finely chop pistachio nuts. Mix cottage cheese, egg white, sugar, ghee and vanilla in a blender. Place the mixture in a small greased baking dish. Cover the baking dish with aluminium foil. Pour water in a large baking dish. Place the small baking dish with mixture in it. Pre-heat the oven temperature at 170 degrees Celsius. Bake for 30 minutes or until the mixture sets. Remove baked 'sandesh' from the oven.

Allow it to cool down. Cut into diamond or square shapes. Garnish with chopped pistachio nuts. Serve at room temperature.

## RICE AND COCONUT LADDU

*Coconut laddu is one of those sweets that can be very easily made for any festival. These can be made using fresh coconut or desiccated coconut, with sugar or jaggery to suit one's taste. I made these with fresh coconut, jaggery and fried rice powder. This easy and traditional coconut laddu needs just three ingredients- coconut, sugar or jiggery, and milk. Anyone, even beginners, can try this with ease.*

### Ingredients

2 cup scraped fresh coconut  
1½ cup dry roasted rice powder  
2 tbsp ghee

¼ cup mixed nuts  
½ cup condensed milk  
2 cup jaggery

### Method

Heat ghee in a non-stick pan. Add scraped coconut and jaggery, cook for few minutes. Add one cup rice powder and condensed milk to it. Mix well and cook for 10 minutes or until it turns sticky and you can make balls from the mixture. Now add mixed nuts and switch off heat, mix continuously for 2-3 minutes. Transfer the prepared mixture in a bowl and set aside to cool. Divide the prepared mixture into equal

