



DESHI MIX

BY SALINA PARVIN

# Sweet indulgence

While desserts are predominantly served at the end of a meal, those with a serious sweet-tooth well agree that anytime is dessert time! Eid-ul-Azha is just a few days away and there is no better way to celebrate the festive occasion than to prepare and serve traditional Bengali sweets.

Whether you are serving an array of desserts, or just pick one or two of the family favourites, the following recipes may serve you well.

## KALOJAM

This gives you the wondrous feeling of biting into a 'gulab jamun' but in a handier form! Kalojam is made with a perfect mix of 'mawa' and flour to get a super soft kalojam, which is deep-fried and dipped in warm sugar syrup to make a lovely semi-dry sweet. This is ideal to serve on any occasion or to send across to friends as you don't have to worry about the syrup dripping out of the container.

### Ingredients

For the kalojam —  
2 cups crumbled mawa  
¼ cup plain flour  
3 tbsp milk powder  
3 tbsp arrowroot  
Ghee or oil for deep-frying  
For the sugar syrup —  
3 cups sugar  
1¼ cups of water  
A few saffron strands

### Method

Combine the sugar and water in a deep non-stick pan; mix well and cook on a medium flame for 10 minutes or till the syrup is of one string consistency, while stirring occasionally. Add the saffron, mix well and keep the syrup warm. Combine all the kalojam ingredients in a deep bowl and knead very well into a smooth dough. Divide the mixture into 20

equal portions and roll each into oval or round balls. There should be no cracks on the surface, or else the kalojam will crack while deep frying. Heat oil or ghee in a pan and deep fry 10 kalojams at a time on a medium flame till they turn blackish in colour on all sides. Drain and immerse in the warm sugar syrup. Soak for 1 hour. Serve immediately or serve warm.

## ROSHOGOLLA

These spongy-soft round mishtis, soaked in

### Ingredients

2 cups cottage cheese (chhana)  
2 tsp semolina  
2 cups sugar, 6 cups water

### Method

Knead chhana and semolina until smooth and form a soft dough. Divide the chhana dough into marble size portions. Roll each dough into smooth balls. Be careful that there are no cracks. Keep aside. In a heavy bottom pan, boil water and sugar over a

¼ tsp cardamom powder  
¼ tsp baking powder  
2 tbsp milk  
2 tbsp all purpose flour  
Oil for deep frying  
Pistachios to garnish  
For sugar syrup —  
1 cup sugar, 2 cups water  
A few saffron strands  
2-3 pods cardamom, crushed

### Method

Mix flour, baking powder, cardamom powder, milk and chhana. Knead well to make a smooth dough. Cover it with a cloth/cling wrap and leave for 15 minutes. Meanwhile, prepare the sugar syrup. In a wide pan, put water, sugar, saffron and cardamom pods and bring it to a boil. Let it boil until the syrup becomes a little sticky. Keep aside. Now start shaping the jilapis, pinch small balls from the dough and roll the ball into a long thick rope. Shape the rope into a pretzel or just a swirl. Repeat for the rest of the dough and put the shaped jilapis to one side. Heat oil in a pan, fry the jilapis until golden brown. Remove from the oil and dip it in the warm sugar syrup. Leave it in the syrup for 2-3 hours before serving.

## PRANHARA SHONDESH

Shondesh is a popular Bengali sweet. The first shondesh was introduced by Bhim Nag in 1826. This dessert is made with fresh cottage cheese and sugar. There are many different varieties of the shondesh like plain, gurer, norom paker shondesh, kora paker shondesh, etc. Chhana is also known as curdle milk solids. Some people in the region of Dhaka call it "pranhara" which is a softer kind of sandesh, made with mawa and fresh chhana.

### Ingredients

2 cup chhana  
½ cup ground sugar  
½ cup powder milk  
¼ cup mawa, 1 tbsp milk cream  
1 tbsp ghee



sugar syrup, have become an icon of Bengali cuisine. One simply does not say no to roshogolla. Made from ball shaped dumplings of cottage cheese and semolina dough, the roshogolla is then cooked in light syrup made of sugar.

Among all Bengali sweets, this takes the first place in our home for various occasions. It is delicious, and needs only basic ingredients from the kitchen. You can make these a day prior to Eid and surprise your loved ones.

medium heat. Stir occasionally until the sugar dissolves and bubbles just start to form. Add the chhana balls to the sugar syrup and immediately cover with a tightly snugged lid. Cook for 30 minutes over a medium heat. Do not open the cover, remove from heat keeping the lid on. Let cool for about 30 minutes. Open the lid and pour the roshogolla in a large bowl with syrup. Let the roshogolla soak in syrup and completely cool before serving.

## CHHANAR JILAPI

### Ingredients

1 cup chhana

প্রাণ  
প্রিমিয়াম  
ঘি



প্রাণ প্রিমিয়াম ঘি  
ঘ্রাণেই কারু

১০০% খাঁটি, দানায়ুক্ত প্রাণ প্রিমিয়াম ঘি।  
যা তৈরি হয় হাতের স্পর্শ ছাড়াই, সম্পূর্ণ  
অটোমেটিক মেশিনে। তাই ভ্রাণ, মান ও  
স্বাদে অনন্য সাধারণ!

