

**DESHI MIX**

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# Shab-e-barat special DELIGHTS ACROSS THE BORDER

**LAPSI**

A Gujarati dish made from roasted and cooked broken wheat, Lapsi is sweetened with extra sugar and pleasantly flavoured with cardamom powder. Roasting the broken wheat in ghee gives lapsi a rich brown colour, an intense aroma, and rich flavour.

**Ingredients**

½ cup broken wheat  
½ cup sugar  
¼ tsp cardamom powder  
4 tbsp ghee  
¼ cup almond and pistachio, chopped

**Method**

Heat ghee in a non-stick pan, add broken wheat, mix well and cook on a slow flame for 5 to 7 minutes, or till it turns golden brown in colour. Stir continuously. Add 2 cups of warm water, mix well and cook on a high flame till the water starts to boil.

Now cook on a slow flame for further 15 minutes, or till the broken wheat is almost done. It is important to keep stirring continuously throughout the process. Now add sugar, chopped nuts, cardamom powder and mix well. Cook till the ghee separates.

Serve hot, garnished with almond and pistachio slivers.

Now add a tablespoon of ghee and mix well till all the ghee is absorbed. Add another tablespoon of ghee and continue to mix till it turns shiny, almost transparent and smooth.

When the ghee releases from the sides add food colour (optional), cardamom powder, and chopped cashews. Continue to mix till it starts to form a lump. Later transfer the mixture to a tray and spread well. Sprinkle

chopped almonds and rest for an hour. Finally, cut to a desired shape and serve.

**DOODH DULARI**

Doodh dulari is a staple in Pakistani wedding celebrations. The base for this recipe is regular shahi vermicelli kheer, which is finally garnished with chunks of jelly, rasgullas or gulabjam, nuts, and finally fresh homemade mawa.

**Ingredients**

2 litre milk  
½ cup condensed milk  
1 tbsp corn flour  
½ cup roasted vermicelli  
1 packet strawberry jelly  
1 packet green jelly  
250g rubri, 200g cream  
250g mini rasgulla  
½ cup mawa, scrambled

**Method**

In a large pan, boil milk for 20 minutes or till thick, add ½ cup

vermicelli, 1 tablespoon of corn flour dissolved with ¼ cup of milk. Mix well and cook until thickened.

Remove from heat and allow to cool completely. Add condensed milk. Dissolve each jelly packet with 1 cup of water and set till firm, cut into cubes and gently add to the cooled milk.

Now add cream, rubri and mawa. Pour the mixture into a serving bowl. Garnish with the mini rasgulla and mawa.

Serve chilled.

**BANANA SHEERA (BANANA HALWA)**

Sheera is the Marathi term for halwa. A special dish made on religious occasions, this simple dish is perfect for any platter sent to family, friends and neighbours.

**Ingredients**

1 cup roasted semolina  
2-3 banana, chopped  
10 almonds, chopped, 15 raisins  
2 green cardamom powder  
4 tbsp ghee

1 cup sugar  
A pinch of saffron, crushed

**KARACHI HALWA****Ingredients****For corn flour mixture —**

½ cup corn flour  
1½ cup water  
**Other ingredients —**  
1½ cup sugar  
1 cup water  
1 tsp lemon juice  
5 tbsp ghee  
10 cashews chopped  
¼ tsp cardamom powder  
Few drops of orange food colour  
5 almonds, chopped for garnish

**Method**

Firstly, in a large mixing bowl take corn flour and water. Mix well without forming any lumps. Keep aside. Now in a large non-stick pan take sugar and water. Allow the syrup to boil.

Pour corn flour mixture into the boiling sugar syrup; stirring continuously on low-medium flame. Once the corn flour mixture starts to thicken, immediately add lemon juice. Keep stirring till the mixture thickens completely.

