



#FOOD

Shab-E-Barat recipes

BASBOUSA

Basbousa is a typical Middle Eastern dessert, very popular in Egypt. It is a dense, semolina-based moist cake, gooey with a fragrant simple syrup. Some recipes add coconut, while others add a cream filling, but in its most basic form, basbousa is a semolina cake drizzled with syrup and decorated with nuts.

Ingredients

2 cups semolina
 ¾ cup butter or ghee
 1 cup yoghurt
 ¼ cup orange juice
 1 cup sugar
 1 tsp baking powder
 Zest of one orange
 Peeled slivered almonds for decoration

To make the syrup —

2 cups sugar
 1 cups water
 1 tbsp lemon juice

Method

For the syrup — Place the sugar, water and lemon juice in a pot over medium heat. Bring to a boil, lower the heat and simmer for 5 minutes. Remove from heat.

For the base —

Mix the semolina, ghee, yoghurt, juice, sugar, baking powder, and orange zest in a pot until homogeneous. Brush a baking dish with ghee. Pour the batter into the baking dish. Level the surface using a



2 cups sugar
 ¾ cup melted ghee
 ½ tsp cardamom powder
 3 tbsp chopped nuts
 2 cups hot water

Method

Wash and soak mung daal in hot water for 2 hours. Drain the water completely and dry grind the daal to a paste without adding water. Heat ghee in a pan. Add ground paste and fry in medium heat till it becomes golden brown. Add milk and cook until thick. Add sugar and mix well. Cover and cook for 5 minutes on low flame.

Add cardamom powder and chopped nuts, mix well.

When the halwa starts to leave the sides of the pan, remove and garnish with nuts. Serve warm or chilled.

POTATO HALWA

Ingredients

2 cups potato, boiled, peeled and mashed
 1 cup full cream milk
 1½ cup sugar or as per taste
 ¼ tsp cardamom powder

¼ cup ghee
 ¼ cup mixed nuts, chopped

Method

Heat ghee in a non-stick pan. Add mashed potatoes. Fry on low heat till it turns slightly golden in colour. Add milk, sugar, cardamom powder and mix well. There should not be any lumps. Stir continuously until halwa turns dry. Add mixed nuts and mix well. Cook for another 2 minutes.



wet hand. Use a wet line to make cuts in the pattern that you like. Decorate with peeled almonds. Bake on the bottom rack of a preheated oven at 180° until golden brown (about 30-35 minutes). Take out from the oven and allow it to cool for 5 minutes. Drizzle with sugar syrup (the amount depends on how sweet you want the basbousa to be). Decorate with ground pistachio. Serve once at room temperature.

MOONG DAL HALWA

Ingredients

2 cups yellow mung daal
 2 cups thickened milk

