

DESHI MIX

SALINA PARVIN



Pahela Falgun: Recipes for a celebration

Only the romantic at heart celebrated the arrival of Falgun in yesteryears. This has now become a national celebration. If you are planning to invite friends and family on this joyous occasion, here are some suggestions that will make delightful evening snacks.

COCONUT LADDU**Ingredients**

2 cups coconut, grated
2 tbsp ghee
¼ cup desiccated coconut for coating the ball
2 cups sweetened condensed milk
½ tsp cardamom powder

Method

In a saucepan, heat ghee and add coconut stirring continuously for 4-5 minutes. The coconut will soon start to get fragrant. Do not overheat otherwise the desiccated coconut will change colour. Add condensed milk and mix well with the coconut. Cook on low heat for about 20 minutes. The mixture will get a fudge-like consistency. Turn off the heat and let the mixture cool slightly. Form small balls with the coconut mixture. Roll the balls onto the desiccated coconut to form a coat. Optionally, you can garnish with slivers of almonds or pistachio.

MIHIDANA**Ingredients**

250g gram flour or besan
200g sugar
½ cup mixed dry fruit
1 tbsp ghee
Oil for deep fry
Water as required
A few drops of yellow food colour

Method

In a bowl, mix gram flour with enough water to form a thin liquid paste. To make a sugar syrup, add 1 cup water, sugar, and ghee. Allow it to boil for about 5-6 minutes. Add food colour. In a deep pan, heat oil and pass the batter through a sieve so that it forms small round balls. Fry them on medium flame until it turns golden brown. Now transfer them to the sugar syrup. Allow it to soak for about 30 minutes and then drain the excess syrup and keep the mihidana aside. Mix chopped dry fruits and serve.

TIL GOJA**Ingredients**

2 cups refined flour
2 tbsp sesame seeds
1 cup sugar
A pinch of baking powder
2 tbsp ghee
2 green cardamoms
1 tbsp lemon juice
Salt to taste
Oil for deep fry

Method

Combine sugar, water, and cardamom pods in a heavy-bottom pan. Bring to a boil. Stir frequently. As the syrup thickens, reduce the heat and test the consistency.

