

Once the milk becomes thick, add sugar and palm pulp and let it boil. Continue to stir until the milk mixture becomes granular without actually curdling. Reduce the heat. Cook until mixture thickens further and bubbles form on surface. Pour into a greased tray. Decorate with chopped nuts. Let it cool. Cut into desired shapes and serve.

EGGLESS SEMOLINA PALM CAKE

Ingredients

1 cup palm pulp
1 cup fine semolina (suji)
1/3 cup melted butter
1/2 cup curd
1 tsp baking powder
1/2 tsp baking soda
1/4 cup milk
1 tbsp lemon juice
Pinch of salt

Method

In a bowl, add palm pulp, sugar, butter and milk. Mix well and make a smooth paste out of it. Add semolina and mix everything well. Let it rest for at least 30 minutes, this will allow the semolina to absorb the moisture and will result in better texture of the cake. Now add baking powder, baking soda and curd to the milk mixture and mix well. Add more milk if needed to adjust the consistency. Lastly, add lemon juice and mix. Transfer the mixture into a greased and lined baking tin. Bake it into a preheated oven at 160° C for 35-40 minutes. When it is done, remove from oven, let it cool, cut into pieces and serve.

PALM LADDU

Ingredients

2 cup scraped fresh coconut
2 cup palm pulp
1 1/2 cup dry roasted press rice powder
2 cup sugar
1/2 cup mixed nut
2 tbsp palm oil

Method

Heat palm oil in a non-stick pan. Add scraped coconut, palm pulp and sugar, cook for 10 minutes. When the water dries up, add 1 cup roasted pressed rice powder and condensed milk to it. Mix well and cook until it turns sticky and you can make laddu from the mixture. Now add mixed nuts and turn 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 portions, shape them into laddus. Coat the laddus in remaining roasted, press-rice powder. Store or serve.

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