



Sugary treats that tell the story of Baishakh



BADAM ER KOTKOTI (PEANUT BRITTLE)

Ingredients

1 cup peanuts (badam), roasted and skins removed
1½ cup sugar
4 tbsp water
1 tsp ghee
A pinch of baking soda (optional, for a lighter texture)

Method

First, dry roast the peanuts in a pan until they become slightly golden and aromatic. Remove the skins and keep them aside. In another pan, add sugar and water and cook on medium heat until the sugar melts and turns into a light golden caramel. Stir occasionally so it does not burn.

Once the syrup becomes thick and bubbly, add the roasted peanuts and mix quickly so that all the peanuts are coated

CHHANAMUKHI

Ingredients

1 litre full-cream milk
2 tbsp lemon juice or vinegar (to curdle the milk)
1 tsp flour
1 cup sugar
½ cup water
Oil or ghee for frying

Method

First, in a pan boil the milk. Add lemon juice or vinegar and stir gently until the milk curdles and the chhana separates from the whey. Strain it through a clean cloth and rinse with cold water to remove the sour taste. Squeeze out the excess water and knead the chhana with 1 teaspoon of flour until smooth. Next, shape the chhana into small cubes or diamond-shaped pieces. Heat oil or ghee in a pan

forms a white coating around the sweets. Let them cool completely before serving.

BATASHA (TRADITIONAL SUGAR DROPS)

Ingredients

1 cup sugar
½ cup water
A pinch of baking soda
2–3 drops lemon juice

Method

In a pan, combine sugar and water and heat gently until the sugar dissolves completely. Then boil the syrup until it reaches a thick, two-thread consistency. Add a few drops of lemon juice to prevent crystallisation.

Turn off the heat and let the syrup cool slightly until it becomes thick and opaque. At this stage, add a pinch of baking soda and beat the mixture quickly with a spoon until it turns light and slightly frothy.

Immediately drop small portions of the mixture onto a greased plate or parchment paper using a spoon. Let them cool and harden completely at room temperature. Once set, the batashas will become light, airy, and crisp.

CHINIR MURALI

Ingredients

2 cup all-purpose flour
2 tbsp milk powder
Water, as needed
Oil, for deep frying
2 cups sugar
½ tsp baking powder
A pinch of salt

Method

In a bowl, pour flour, milk, baking powder and salt. Mix well and add water to it. Knead well and make the dough. Make four parts from the dough. Roll each part out with about ½-inch thickness. Then cut the slab into finger long sticks. Now heat oil in a pan. Deep fry the sticks on low heat until crunchy. Make sure these do not turn red.

For the sugar coating —

In a saucepan, mix 1 cup of water with sugar. Stir on medium heat to make thick and sticky syrup. Then add the fried sticks. Mix well. Allow the sticks to cool. Store and serve.

Crunchy, sweet, and deeply nostalgic, Baishakh sweets are more than festive treats. They are edible memories passed down through generations. From brittle peanut confections to airy sugar drops, each sweet carries the warmth of home and the joy of a new beginning. As families gather to welcome the Bengali New Year, these timeless recipes bring together tradition, celebration, and the simple magic of sugar transformed.



with the caramel. If you want a slightly airy and crisp texture, add a tiny pinch of baking soda and mix well. Then immediately pour the mixture onto a greased tray or parchment paper. Spread it using a greased rolling pin or spatula. While it is still warm, cut it into small pieces. Let it cool completely until hard and crunchy.

over medium heat and fry the chhana pieces until light golden in colour. Remove from oil and set aside.

In another pan, cook the sugar and water together to make a syrup. When the syrup becomes slightly thick, add the fried chhana pieces. Keep stirring on low heat until the sugar starts to crystallize and