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RAWA BESAN VADI



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Ingredients:

1 1/2 cup besan (gram flour)
1/2 cup rava (Semolina)
1 3/4 cup sugar
3/4 - 1 cup water
1 1/2 tsp freshly ground cardamom powder
8 (7+1) tbsp ghee (clarified butter)
4 Almonds (finely Chopped)
2 tbsp Golden raisins (optional)

Method :

Heat 7 tbsp of ghee in a heavy bottom deep pan on medium heat. Add besan and Keep on stirring continuously for 7-8 mins. so that the besan is not burned and there is even browning. Once besan is done and starts give out a delicious smell, transfer it to a plate to cool. Add 1 tbsp ghee to the pan and add rava stirring continuously for 5-6 mins. On low-medium heat till it turns golden. Transfer it to the plate. In a deep pan take sugar and add water so that sugar gets submerged. Stir it constantly on low-medium heat for about 8-10 mins. So that syrup starts getting sticky like honey. Now add the roasted rava and besan to the syrup. Remove any lumps and keep stirring for about 6-7 mins. Or till the mixture starts to thicken and leaves the sides of the pan. Check the consistency of the mixture, because it thickens when it cools. Now add cardamom powder, dried fruits and mix thoroughly. Transfer it to a greased plate & cut it into diamonds and leave it till it cools completely.

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SWEETS & DESSERTS by: VAISHALI DESHPANDE

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