

GULAB JAMUN

Ingredients

Makes 18 Jamuns:

For The Jamuns:

Mawa- 250gm

Maida/ All Purpose Flour-50gm

Chenna/ Crumbled Paneer-50gm

Cardamom Powder-1/2tsp

Baking Soda-a pinch

Ghee-to Deep Fry

For The Syrup:

Sugar-500gm

Water-500ml

Rose Essence-1/2tsp

Pistachios-For Garnish

Procedure:

1. In a bowl, take mawa, paneer, maida, baking soda and cardamom powder.
2. Mix it well and knead to form a dough.
3. Pinch small portions of the dough and roll it into a smooth ball.
4. I got 18 jamuns for the given quantity.
5. Heat ghee. It should be warm and not hot.
6. Drop the balls carefully into the ghee.
7. Cook on medium to low flame until the balls are dark brown in colour.
8. If the ghee is hot the balls will not hold shape and they will disintegrate.
9. Remove the fried jamuns from ghee and place them on the plate. Finish off with all the balls.
10. In a separate pan, add sugar and water.
11. Heat it and keep on stirring until the sugar melts completely.
12. Bring the syrup to boil and let it boil until the syrup becomes sticky.
13. Remove from flame and add the rose essence.
14. Add the fried jamuns and let the jamuns soak in the syrup until the syrup comes to room temperature.
15. While serving, place the jamuns in a bowl, pour some syrup over it and garnish with sliced pistachios.