

BESAN LADU VARIETIES

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MIXED BESAN LADUS

INGREDIENTS:

Fine sooji - ½ cup
Chenna flour - 1 cup
Wheat flour - 2 cups
Sugar - 1 ¾ cups
Ghee - 100 ml
Cloves - 4 nos
Elaichi(cardomems) - 4 nos
Cashewnut - 10 nos
Raisins - A few



METHOD:

1. Powder the sugar, adding the cloves & peeled elaichi into a smooth powder.
2. Heat a thick kadai, pour two to three tbsps of ghee, add the cashewnut bits & raisins, fry till golden brown & remove.
3. Add the fine sooji to the ghee & fry for some time. Then add the chenna flour & fry for some time till the raw smell goes & nicely roasted. We must roast in medium flame only. Then add the wheat flour, fry till nice aroma comes & all the flours are well roasted.
4. Then add the powdered sugar & mix well.
5. Make besan ladus of desired size. If more ghee is needed, you can add melted ghee.

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RAGI LADUS

INGREDIENTS:

Ragi flour - 1 cup
Sugar - 1½ cups
Ghee - required quantity
Copra - 50 gms
Elaichi powder - ¼ tsp
Cashewnut pieces - 2 tbsps



METHOD:

1. Powder sugar along with copra into a smooth powder.
2. Pour two tbsps of ghee on a kadai, add cashewnut bits & fry till golden brown & then add the ragi flour & fry till done in medium flame.
3. Then add the powdered sugar, elaichi powder, mix well & prepare ragi ladus, according to your requirement. When the roasted flour is still warm, ladus should be made.

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FRIED GRAM LADUS

INGREDIENTS:



*Friedgram - 100 gms
 Sugar - 100 gms
 Ghee - 3 tbsps
 Elaichi(cardomem) - 4
 Melonseeds - 15 gms
 Pumpkin seeds - 15 gms
 Cashewnuts - 10 nos*

METHOD:

1. Powder the sugar nicely in a mixie along with cardomems.
2. Powder the friedgram in mixie, sieve & prepare fine friedgram powder.
3. Cut the pumpkinseeds, & cashewnuts into small pieces, add melon seeds & pour a tsp of ghee in a kadai & fry all the three till golden brown.
4. Add the friedgram powder, powdered sugar & fried nuts in a vessel, add melted ghee, mix well & prepare ladus of required size.

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WHEAT RAWA LADUS

INGREDIENTS:



*Broken wheat rava - ½ kg
 Sugar - ¼ kg
 Fresh Dates - 50 gms
 Raisins - 50 gms
 Cashewnuts - 50 gms
 Ghee - according to the requirement
 Elaichi powder - ¼ tsp.*

METHOD:

1. In a thick kadai, dry roast the wheat rava till golden brown in medium flame & prepare the flour & sieve & keep ready.
2. Cut the cashewnuts & fresh dates into small bits, fry the cashewnuts, dates pieces & raisins in a spoonful of ghee till goldenbrown.
3. Add the sugar in a mixie & powder nicely.
4. In a vessel, mix the wheat flour, fried nuts, powdered sugar cardomem powder & melted ghee & mix well. When still warm, make ladus of your size.

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MIXED DHALL LADUS

INGREDIENTS:

Maida - 1 cup
 Fine sooji - 1 cup
 Fried gram - 1 cup
 Green gram dhall -1 cup
 Sugar - 3 ½ cups
 Ghee - ½ cup
 Cashewnuts - 10 nos
 Almonds - 10 nos
 Pista - a few



METHOD:

1. In a thick copperbottom vessel, fry the friedgram till warm & powder in a mixie & sieve & keep aside.
2. Then fry the greengram dhall till golden brown in medium flames, prepare the flour & sieve.
3. Fry the fine sooji till warm & powder in mixie & keep aside.
4. Fry the maida in medium flames till the raw smell disappears.
5. Powder the sugar into fine powder.
6. Cut the cashewnuts, almonds & pistachios into small bits & fry in a spoon of ghee till golden brown.
7. In a vessel put all the flours, powdered sugar, roasted nuts, melted ghee & elaichi powder & mix well & make ladus, as you desire.

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WHEAT FLOUR LADUS

INGREDIENTS:

Wheat flour - 1 cup
 Powdered sugar - 1 cup
 Almonds - 6 nos
 Gum(eatable gum) - 10 gms
 Ajwain - 1 tsp
 Ghee required



METHOD:

1. Powder ajwain into smooth powder & powder the sugar & keep aside.
2. Cut the almonds into bits & fry the gum & almond pieces in ghee till brown & crisp.
3. In a tbsp of ghee, fry the wheat flour till done in medium flame. Add the sugar, fried gum & fried almonds, mix well & prepare ladus of desired size when the flour is still warm.

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