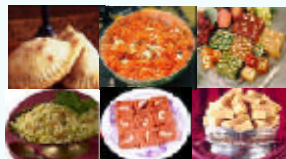


SWEET VARIETIES

M.Prema Surendranath



CARROT SWEET SAMOSA

INGREDIENTS FOR THE FILLING:

- Carrot gratings - 2 cups
- Sugar - 1½ cups
- Raisins - a few
- Cashewnuts fried - a few
- Cardamom powder - ¼ tsp



FOR THE DOUGH :

- Maida - 1 cup
- Fine suji - ½ cup
- Salt & soda - a pinch each
- Ghee

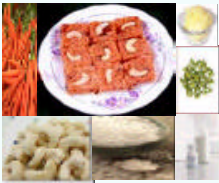
METHOD:
Rub ghee, salt & soda till fluffy ,add maida & sooji gradually & make a soft dough with water & keep aside. Mix the filling ingredients except cardamom powder & keep on fire. Allow to cook until the mixture attains halwa consistency. Allow to cool. Take a small quantity of the dough, knead well, prepare 5" disc rounds. Cut into half with a knife. Smear a little ghee all around the edges. Keep a spoonful of the filling in the centre, fold the sides one over the other so as to get a triangle. Press the edges firmly & fry in hot ghee till crisp. Drain on a paper & serve.

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CARROT CASHEW BURFI

INGREDIENTS:

- Carrot gratings - 2 cups
- Cashewnut powdered - ½ cup
- Sugar - 2 cups
- Milk - 2 tbsps
- Cardamom powder - ¼ tsp
- Ghee - 1 tbsp



METHOD:
Heat ghee & fry carrot gratings till the moisture evaporates. Add sugar & milk & keep on fire. When the sugar has been completely dissolved, add the cashew powder & stir till the mixture leaves the sides of the vessel. Add cardamom powder, pour on plate, smeared with a little ghee & allow to set. Cut into desired shape, when cool.

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SOFT MYSOREPAKS

INGREDIENTS:

Chenna flour - 1 cup
Sugar - 2 cups
Ghee - 2 cups
Water to add



METHOD:

1. Take a non-stick pan ,dry roast the chenna flour till the flour turns golden brown & nice aroma comes, adjusting the flames.
2. Take a thick bottomed vessel, pour 2 cups of sugar, pour water till the sugar is covered & boil the sugar till it melts. Then pour one cup of ghee & mix well. When the sugar melts, sprinkle the roasted Flour & go on mixing well.
3. When the mixture is well cooked and looks frothy add another cup of ghee & mix well. When the mixture is cooked properly & leaves the sides, pour on a greased thali smeared with ghee. When the mysore pak is warm, you can cut into desired shapes.

N.B: If you follow the steps properly, you can make soft mysore paks in no time which melts in mouth.

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CARROT HALWA

INGREDIENTS:

Fresh Carrots - 1 kg
Milk - 1 or 1 ½ litres
Sugar - 400 to 500 gms
Ghee - 1 ½ tb sps
Elaichi powder - ½ tsp
Cashewnuts - 10 nos
Almonds - 5 nos
Pistachios - 10 nos



METHOD:

1. Wash the carrots well and grate and place aside.
2. Boil the milk, add the grated carrots and go on stirring till most of the milk evaporates. When the halwa is almost thickened add sugar and go on stirring adjusting the flames till the consistency is reached. Add a tablespoon of ghee.
3. Blanch the almonds in hot water , peel and chop finely. Chop the cashewnuts and pistachios. Fry the chopped nuts in a little ghee, add to the halwa along with elaichi powder and mix well.

Variation: Delhi carrots (red variety) also can be prepared into halwa following the same steps. Delhi carrots can be chopped into very fine bits , boiled in the milk and prepared into halwa. If we prepare in this way, the texture and taste will be different. We can reduce the quantity of sugar and add mawa(sugarless) to enhance the taste for any carrot halwa.

SAKKARAI PONGAL

INGREDIENTS:

- Rice - 2 cups
- Green gram dhal - ½ cup
- Jaggery - 3 ½ cups
- Ghee - 1 tbsp
- Cashewnuts - 10 nos
- Raisins - 10 gms
- Elaichi (cardomem) - 2 nos



METHOD:

1. Heat a kadai, add the moong dhal & fry the dhal for few minutes till the dhal is lightly roasted.
2. Mix the dhal & rice together & wash well.
3. Pressure cook the rice& dhal, adding enough water.
4. Mash the pongal well.
5. Take a copper bottom ,add the jaggery with ¼ cup water & mix well until two threads consistency is reached.
6. Then add the mashed pongal & cook for five minutes in medium flame mixing in between,add 1tbsp of ghee,powdered cardomem.
7. Roast the broken cashewnuts & raisins in ghee & mix .

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ANOTHER VARIETY OF SARKKARAI PONGAL

INGREDIENTS:

- Milk - 2 litres
- Rice - 25 gms (preferably new rice)
- Sugar - 1¾ cups
- Ghee - 1 tsp
- Cashewnuts - 10 nos
- Raisins - 10 gms
- Saffron - a pinch



METHOD:

1. Soak the rice in water for 10 minutes .
2. Boil the milk , then wash & add the rice & go on stirring till all the milk is evaporated & pongal consistency is reached.
3. Now add the sugar & cook for few minutes more.
4. Add the saffron & mix well.
5. Now roast the cashewnuts & raisins in ghee till golden brown & add to the pongal.

N.B: We can use full fat milk to enrich the dish.

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PONGAL FROM SUGAR CANDY

INGREDIENTS:

- Rice - 1 cup
- Sugar candy - 1 ¼ cups
- Ghee - 1 tbsp
- Elaichi powder - ½ tsp
- Cashewnuts - 10 nos
- Raisins - a few
- Saffron - a pinch



METHOD:

Soak and wash the rice well and pressure cook to a soft consistency adding enough water. Add little water to the sugar candy and boil till it attains the proper consistency. Add the soft cooked rice to the sugar candy syrup and mix well. Add the saffron, soaked in milk. Fry the cashew nuts and raisins and add to the pongal after cooking for some time and serve hot.

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CHINA GRASS HALWA
HALWA (1)

INGREDIENTS:

- China grass - 1 cup
- Water - 5 cups
- Sugar - 1¼ cups
- Food color & essence



METHOD:

1. Cut the china grass into tiny bits & soak in ½ cup of water for ten minutes.
2. Heat & boil the 4 ½ cups of water , add th soaked grass.
3. Add the sugar & mix well. Go on stirring. Add a little color & essence & stir.
4. When done pour on a greased plate. After some time cut into pieces & serve.

N.B: For diet conscious people, this sweet can be ideal.

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HALWA (2)

INGREDIENTS:

- China grass - 1 cup
- Sugar - 2 cups
- Water - 4 cups
- Almonds, cashew nuts, raisins - a few
- Food color a little



METHOD:

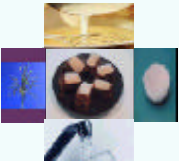
1. Melt the sugar in water & boil the syrup.
2. Cut the china grass into tiny bits, add to the syrup & go on stirring. Add a little food color.
3. When done , pour into small cups & decorate with nuts & raisins & serve

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CHINA GRASS HALWA WITH MILK(3)

INGREDIENTS:

- China grass - 1 cup
- Water - 1 cup
- Sugar - 1 cup
- Milk - 3 cups



METHOD:

Cut the china grass into tiny bits & soak for 10 minutes. Boil the milk, add the grass, go on stirring. Add sugar & mix well . When done, pour on a greased plate & after some time cut into pieces & serve.

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CHINA GRASS MILK CAKE(4)

INGREDIENTS:

- China grass - 1 pocket
- Milk - 1 litre
- Tutti frutti - 50 gms
- Cashewnuts - 50 gms (powdered)
- Cardomems - 5 (nos)
- Rose essence - 1 tsp
- Food color - little
- Sugar - 200 to 250 gms



METHOD:

1. Cut the china grass into pieces & soak in half cup boiled milk and soak for ten minutes.
2. Heat a vessel with the rest of the milk & boil till it is reduced to half the quantity.
3. Then add the sugar & the soaked china grass & go on stirring.
4. Then add the coarsely powdered cashewnuts, elaichi powder or essence (according to your taste) & food color & mix well.
5. Pour into small ice cream cups, keep for one hour & serve. We can keep in fridge & serve.

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