



WINTER SPECIAL PAK

BY

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1- METHI LADDU

INGREDIENTS

METHI POWDER	60 GRAM (90 TO 100 GRAM CAN INCREASE)
MILK	120 GRM
GRATED DRY OR DESICATED COCONUT	50 GRM
GHEE	250 TO 300 GRAN
EDIBLE GUM/ GOND	120 GRAM
KHAREEK POWDER (DRY DATES POWDER)	50 GRAM
COARSELY CRUSHED WALNUTS	50 GRAM
COARSELY CRUSHED PISTA	50 GRAM
COARSELY GRINDED ALMONDS	50 GRAM
COARSELY GRINDED CASHEW	50 GRAM
POPPY SEEDS	25 GRAM
WHEAT FLOUR	150 GRAM

SUGAR SYRUP

JAGGERY	300 GRAM
GHEE	20 TO 25 GRAM
GINGER POWDER	20 GRAM
PEPPER POWDER	½ TSP
CINNAMON POWDER	½ TSP

METHOD

1. TAKE RAW METHI SEEDS & GRIND INTO FINE POWDER.
2. SOAK A METHI POWDER IN MILK 1 NIGHT BEFORE OR AT LEAST 7 TO 8 HOURS BEFORE.
3. REMOVE LUMPS FROM SOAKED METHI & KEEP IT ASIDE.
4. DRY ROAST SHREDED COCONUT, ON LOW FLAME TILL LIGHT PINK SHADE, AND KEEP IN BIG VESSEL OR PLATE.
5. SHALLOW FRY COARSELY GRINDED ALMOND, PISTA, & CASHEWS UNTIL AROMA COMES OUT.
6. NOW, ROAST LUMP FREE METHI IN MELTED GHEE ON LOW HEAT.
7. ROAST UNTILL COLOR CHANGE TILL GOLDEN PINK OR UPTO ALMOND SHADE WITHOUT ADDING EXTRA MILK.
8. WHILE ROASTING YOU CAN ADD GHEE INSTEAD OF MILK, ROAST TILL CRUMBLE TEXTURE. OR UP TO 20 TO 25 MINUTES, AND PUT IN SHREDED COCONUT.
9. NOW FRY GOND, INTO GHEE IN SAME SAUCE PAN UNTILL POP UPTO DOUBLE IN SIZE, AND REMOVE IT FROM THE GHEE AND GRIND THE GOND IN A MORTAR & PESTLE & PUT IN SAME VESSEL ALONG WITH OTHER INGREDIENTS
10. NOW SAUTÉ WHEAT FLOUR INTO LEFT OVER GHEE TILL BABY PINK.
11. AFTER RELEASE AROMA SWITCH OFF FLAME AND KEEP IT FOR COOL DOWN.
12. MIX ALL THE INGREDIENTS TOGETHER ALONG WITH GIVEN JAGGERY SYRUP. MIX UNTILL IT ALL COMES TOGETHER.
13. GRANISH WITH CHOPPED ALMONDS, PISTACHIO, OR SEEDS OF YOUR CHOICE.
- 14.

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FOR SUGAR SYRUP

1. TAKE A PAN PUT MELTED GHEE NOW ADD JAGGERY STIR TILL MELTS PROPERLY ON LOW HEAT.
2. (NO NEEDS TO MAKE STRING FORM). SWITCH OFF THE FLAME.
3. NOW PUT GINGER POWDER, BATRISIYU POWDER & CARDAMOM TO ENHANCE THE FLAVOR.

TIPS: -

- DO NOT MAKE STRINGS IN JAGGERY. IT DOES NOT NEED TO BE HEATED MUCH.
- FOR MEN REPLACE CHESTNUT FLOUR INSTEAD OF GOND WITH SAME QUANTITY. & ROAST ALONG WITH OTHER FLOURS.
- WATER IS PROHIBITED, IT CAN CAUSE FUNGUS TO DESERT.

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2-PINNI

INGREDIENTS

GHEE	200 GRAM
EDIBLE GUM /GOND	150 GRAM
WHEAT FLOUR	150 GRAM
COARSE WHEAT FLOUR	50 GRAM
DRY NUTS CHOPPED	250 GRAM
(ALMOND, CASHEW, PISTA, WALNUT)	
MAKHANA & SEEDS ARE OPTIONAL	50 GRAM

METHOD

1. TAKE A PAN PUT 50 GRAM GHEE, NOW ADD GOND, AND FRY IT.
2. AFTER COOLING DOWN CRUSH IT & KEEP IT ASIDE.
3. NOW SHALLOW FRY CHOPPED NUTS IN SAME PAN FOR 2 TO 3 MIN.OR UNTIL FRAGRANCE RELEASE.
4. NOW ADD REMAINING GHEE, AND ROAST WHEAT FLOUR INTILL GOLDEN PINK IN COLOR, SWITCH OFF THE FLAME.
5. ADD CRUSHED GUM, CHOPPED NUTS INTO FLOUR AND MIX WELL AND KEEP ASIDE.

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SUGAR SYRUP

INGREDIENTS: -

GHEE	50 GRAM
JAGGERY	250 GRAM TO 300 GRAM
CARDAMOM POWDER	1 TSP
GINGER POWDER	1 TBSP

METHOD: -

- TAKE A PAN PUT MELTED GHEE, NOW ADD CHOPPED GUD AND MELT IT, WITHOUT MAKING STRING CONSISTENCY
- SWITCH OFF THE FLAME
- ADD THIS TO ABOVE WHEAT FLOUR MIXTURE AND COOL DOWN MIXTURE TILL LUKE WARM.
- MAKE PINNI WHILE MIXTURE IS LUKEWARM, IF ONLY NEEDED ADD MELTED GHEE.
- SHELF LIFE OF PINNI IS 1 MONTH AT ROOM TEMPERATURE.

TIPS

- DO NOT MAKE STRINGS IN JAGGERY. IT DOES NOT NEED TO BE HEATED MUCH.
- FOR MEN REPLACE CHESTNUT FLOUR INSTEAD OF GOND WITH SAME QUANTITY. & ROAST ALONG WITH OTHER FLOURS.
- WATER IS PROHIBITED, IT CAN CAUSE FUNGUS TO DESERT.

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ANJEER HALWA

INGREDIENTS :-

SOAKED ANJEER	250 GRAM
GHEE	250 GRAM
SEMOLINA (SUJI)	150 GRAM
SUGAR	250 GRAM
UNSWEETED KHOYA (FIKA MAWA)	250 GRAM
CHOPPED PISTA	2 TBSP
SLICED ALMOND	2 TBSP
SLICED CASHEW	2 TBSP
CHOPPED WALNUT	2 TBSP
ILLAYECHI POWDER	2 TSP

METHOD :-

- **SOAK DRY FIGS IN HOT WATER FOR 30 MINUTES BEFORE COOKING.**
- **DO NOT DISCARD THIS SOAKED WATER, BLEND THIS FIGS WITHOUT WATER & ONLY IF WATER NEEDS ADD THIS WATER & KEEP IT ASIDE THIS THICK FINE PASTE.**
- **TAKE A PAN AND POUR MELTED GHEE, WHILE GHEE HEATS PUT SUJI AND ROAST IT WELL.**
- **UNTILL SUJI GETS GOLDEN IN PINK, ALONG WITH AROMA RELEASE.**
- **PUT ANJEER'S THICK FINE PASTE, SAUTÉ FIGS BY ADDING CASTOR SUGAR.**
- **WHILE MIXING ALL THE INGREDIENTS, YOU WILL SEE THAT THE SUGAR IS RELEASING IT'S WATER.**
- **COOK ON LOW TO MEDIUM FLAME UNTILL WATER EVAPORATES, OR 10 TO 15 MINUTES.**
- **COOK FOR MORE 5 TO 7 MINUTES IF WATER IS STILL VISIBLE.**
- **OR UNTILL PAN RELEASE GHEE.**

- ONCE THE FIGS ARE COOKED IN SUGAR, YOU WILL SEE THAT GHEE IS BEING RELEASED, HERE YOU CAN ADD GRATED MAWA (KHOYA).
- ADD CHOPPED NUTS ALONG WITH GREEN CARDAMOM POWDER.
- MIX AGAIN AND LET IT COOK FOR MORE 4 TO 5 MINUTES.
- AFTER ADDING MAWA COLOR & TEXTURE BOTH GOT CHANGED. COOK UNTILL DESIRED COLOR.
- OR COOK 6 TO 7 MORE MINUTES. CAN SEE GOLDEN BROWN OR BARISTA COLOR.
- PUDDING IS READY TO SERVE WITH ALMOND & PISTACHIO FLAKES.

STORAGE:-

4 TO 6 DAYS IN ROOM TEMPERATURE, OR DEPENDING ON HUMIDITY, & IN FRIDGE MAX 15 DAYS

TIP

- ONLY SOAK FOR 30 MINUTES NOT MORE THEN.
- CAN BE CONSUME IN WINTERS.
- IF YOU DO NOT WANT TO KEEP THE TEXTURE HEAVY, HERE YOU CAN REDUCE 50 GRAMS OF GHEE.
- IF YOU NOTICED WE TOOK HERE FIGS, GHEE, SUGAR, & MAWA IN EQUAL QUANTITIES.
- SUGAR CAN BE TAKEN AS POWDER, CASTOR BUT NOT ICING SUGAR.
- DO NOT TAKE SUGAR GRANULES.

SAALAM PAAK / PAAG

INGREDIENTS :-

GHEE	250 GRAM
FIKA MAWA	250 GRAM
FIGS (ANJEER)	50 GRAM
DATES (SOFT)	100 GRAM
SINGHADA FLOUR	50 GRAM
DRY DATES (KHARIK) POWDER	100 GRAM
CRUSHED NUTS (ALMOND, WALNUT, CASHEW)	250 GRAMS
KHUS KHUS	20 GRAM
MILK	250 ML
SAALAM PANJA	10 GRAM
ADADIYA MASALA	30 GRAM

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ADADIYA MASALA RECIPE

JAVITRI POWDER	5 GRAM
CLOVE POWDER	5 GRAM
ASHWGANDHA POWDER	10 GRAM
BLACK PEPPER POWDER	10 GRAM
DALCHINI POWDER	10 GRAM
GHANTHODA POWDER	10 GRAM
KALI MUSLI	10 GRAM
PIPLI	10 GRAM
SHATAVRI	10 GRAM
SAFED MUSLI	10 GRAM
WHITE PEPPER	10 GRAM
MAGAZ POWDER	20 GRAM
SAUTH POWDER	20 GRAM

SUGAR SYRUP

SUGAR 250 GRAM

WATER 100 GRAM

METHOD :-

- TAKE PAN ON GAS, PUT WATER & SUGAR IN PAN ON LOW TO MEDIUM HEAT.
- HEAT TILL SUGAR GETS DISSOLVE & GETS 1 AND 1/2 STRING OUT OF IT BY CHECKING BETWEEN 2 FINGER

METHOD :-

- **SOAK DRY FIGS, DATES & BLEND WITHOUT WATER & MAKE SMOOTH FINE PASTE AND KEEP ASIDE**
- **GRIND DRY YELLOW DATES IN POWDER FORM AND KEEP ASIDE.**
- **IN A PAN, POUR MELTED GHEE, WHILE GHEE HEATS PUT KHOYA.**
- **ROAST MAWA ALONG WITH FIGS & DATES PASTE ON LOW TO MEDIUM FLAME FOR 5 MINUTES OR WATER EVAPORATES.**
- **CONTINUE ROASTING ALONG WITH SINGHADA FLOUR, DRY KHARIK POWDER, CRUSHED NUTS & KHUS-KHUS ONBLOW TO MEDIUM FLAME.**
- **HERE YOU WILL NOTICE SLOWLY COLOR IS GETTING CHANGED FROM LIGHT PINK TO LIGHT GOLDEN.**
- **GHEE IS GETTING SETTLED, NOW POUR MILK. AND MIX WELL, AND ROAST TILL GHEE RELEASED PAN.**
- **LOOK AT THE TEXTURE, NOT ONLY GHEE RELEASED PAN BUT ALSO MILK GETS CURDLE. LET MILK INCORPORATE.**
- **ROAST TILL COLOR CHANGED & GHEE RELEASED PAN. TRANSFER IN GREASED SHEET PAN. & MAKE IT COOL DOWN, CUT INTO DESIRED SHAPES / PIECES.**

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STORAGE

- IN WINTERS 4 TO 6 DAYS IN ROOM TEMPERATURE, OR DEPENDING ON HUMIDITY, & IN FRIDGE 15 DAYS MAX.

TIP

- SOAKED DATES & FIGS ONLY FOR 30 MINUTES, WHICH IS SUFFICIENT.
- GHEE MUST BE MORE IN THIS, BECAUSE LATER IT'S GOING TO SET AS LIGHT LAYER OF GHEE WHICH GIVES YOU EFFECT OF GARNISHING.
- TAKE YOUR CHOICE OF CRUSHED NUTS.
- TAKE 5 TO 7 MINUTES TO ROAST EACH INGREDIENT. BEFORE ADDING ANOTHER.
- GRIND ALL INGREDIENTS SEPARATELY OR TOGETHER.
- INSTEAD OF SUGAR CAN BE TAKEN JAGGERY WITH THE SAME AMOUNT.
- IF NO SUGAR/JAGGERY, INCREASE THE RATIO OF FIGS & SOFT DATES.

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