



LADDU SPECIAL

BY

SADIKA INAMDAR

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1- BESAN LADDU

INGREDIENTS

BESAN	170GRAM
GHEE	130GRAM
BURA SUGAR	200GRAM
CARDAMOM POWDER	1 TSP

- BESAN ROAST IN GHEE TILL GOLDEN.
- ADD GHEE (IF NOT ADDED EARLIER WHILE ROASTING).
- MIX IN CARDAMOM POWDER OR SAFFRON AS FLAVORING.
- ADD ROASTED/FRIED NUTS/RAISINS (OPTIONAL).
- ADD POWDERED SUGAR (BHURA) OR CHASHNI.
- ALWAYS ADD SUGAR AFTER REMOVING THE PAN FROM THE FLAME TO AVOID MELTING/CRYSTALLIZATION.
- MIX EVERYTHING THOROUGHLY WHILE STILL WARM.
- IF THE MIXTURE FEELS DRY SPRINKLE WARM MILK/GHEE AS REQUIRED TO BIND THE LADDU.
- WHILE THE MIXTURE IS LUKEWARM, PORTION AND ROLL INTO EVEN-SIZED LADDUS.
- FOR FINISHING & GARNISH ROLL INTO COCONUT, POPPY SEEDS, BHURA, MUSKMELON, TILL OUT OF ANY AS PER YOUR CHOICE.
- MILK LADDUS - 3-5 DAYS IN FRIDGE.
- SUGAR/JAGGERY LADDUS -- 10-15 DAYS.

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2- CHACHANI KE SUJI LADDU

INGREDIENTS

SUJI	250 GRAM
GHEE	100GRAM
SUGAR	250GRAM
WATER	125 GRAM
DESICATED COCONUT	25 GRAM
ALMOND POWDER	25 GRAM
CARDAMOM POWDER	1 TSP

- ROAST SUJI IN GHEE TILL AROMATIC.
- ADD GHEE (IF NOT ADDED EARLIER WHILE ROASTING).
- MIX IN CARDAMOM POWDER OR SAFFRON AS FLAVORING.
- ADD ROASTED/FRIED NUTS/RAISINS (OPTIONAL).
- ADD POWDERED SUGAR (BHURA) OR CHASHNI.
- ALWAYS ADD SUGAR AFTER REMOVING THE PAN FROM THE FLAME TO AVOID MELTING/CRYSTALLIZATION.
- MIX EVERYTHING THOROUGHLY WHILE STILL WARM.
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3- CHANA DAL LADDU

INGREDIENTS

SOAK CHANA DAL	125 GRAM
GHEE	20GRAM
SUGAR	150GRAM
WATER	75 GRAM
KESAR COLOR	PINCH
MELON SEED	1 TBSP

- SOAK 4 TO 5HR AND FRY & GRIND TO POWDER, ROAST AGAIN IN GHEE.ADD GHEE (IF NOT ADDED EARLIER WHILE ROASTING).
- MIX IN CARDAMOM POWDER OR SAFFRON AS FLAVORING.
- ADD ROASTED/FRIED NUTS/RAISINS (OPTIONAL).
- ADD POWDERED SUGAR (BHURA) OR CHASHNI.
- ALWAYS ADD SUGAR AFTER REMOVING THE PAN FROM THE FLAME TO AVOID MELTING/CRYSTALLIZATION.
- MIX EVERYTHING THOROUGHLY WHILE STILL WARM.
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4- CHURMA LADDU

INGREDIENTS

WHEAT FLOUR	200 GRM
GHEE	150GRAM
JAGGERY	200GRAM
WATER	100 GRAM
DRY FRUITS	25 GRAM
NUTMEG POWDER	¼ TSP
CARDAMOM POWDER	1 TSP
POPPY SEED	1 TBSP

- KNEAD A DOUGH AND THAN FRY DOUGH PIECES,GRIND THAN USE.
- MIX IN CARDAMOM POWDER OR SAFFRON AS FLAVORING.
- ADD ROASTED/FRIED NUTS/RAISINS (OPTIONAL).
- ADD POWDERED SUGAR (BHURA) OR CHASHNI.
- ALWAYS ADD SUGAR AFTER REMOVING THE PAN FROM THE FLAME TO AVOID MELTING/CRYSTALLIZATION.
- MIX EVERYTHING THOROUGHLY WHILE STILL WARM.
- IF THE MIXTURE FEELS DRY SPRINKLE WARM MILK/GHEE AS REQUIRED TO BIND THE LADDU.
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5- COCONUT LADDU

INGREDIENTS

DESICATED COCONUT	200 GRM
GHEE	50 GRAM
SUGAR	175 GRAM
WATER	150 GRAM
CARDAMOM POWDER	1 TSP
MILK POWDER	130 GRAM

- LIGHTLY ROAST IN GHEE. (OPTIONAL)
- MIX IN CARDAMOM POWDER OR SAFFRON AS FLAVORING.
- ADD ROASTED/FRIED NUTS/RAISINS (OPTIONAL).
- ADD POWDERED SUGAR (BHURA) OR CHASHNI.
- ALWAYS ADD SUGAR AFTER REMOVING THE PAN FROM THE FLAME TO AVOID MELTING/CRYSTALLIZATION.
- MIX EVERYTHING THOROUGHLY WHILE STILL WARM.
- IF THE MIXTURE FEELS DRY SPRINKLE WARM MILK/GHEE AS REQUIRED TO BIND THE LADDU.
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BEGINNER-FRIENDLY TIPS

- ALWAYS ROAST SLOWLY AND EVENLY, THIS GIVES THE BEST FLAVOR. IF YOU ROAST ON A HIGH FLAME, BESAN OR SUJI CAN TASTE RAW OR EVEN BITTER.
- FOR BESAN, ROAST UNTIL IT RELEASES GHEE AND GIVES A NUTTY AROMA, THAT'S THE PERFECT POINT.
- FOR SUJI, RUB A LITTLE BETWEEN YOUR FINGERS, IT SHOULD FEEL GRAINY BUT WITHOUT A RAW SMELL.
- SUGAR, ALWAYS ADD WHEN THE MIXTURE IS OFF THE FLAME. IF YOU ADD SUGAR TO A HOT MIXTURE, IT MELTS AND MAKES THE LADDUS STICKY.
- JAGGERY: ALWAYS MELT WITH A LITTLE WATER + GHEE AND STRAIN TO REMOVE IMPURITIES BEFORE USE.
- POWDERED SUGAR (BOORA) IS THE BEST FOR BINDING AND GIVES A NON-STICKY TEXTURE.
- IF THE MIXTURE FEELS TOO DRY, SPRINKLE A LITTLE WARM MILK OR GHEE (1 TBSP AT A TIME).
- IF THE MIXTURE FEELS TOO WET, ADD SOME MORE ROASTED FLOUR OR SUJI.
- GREASE YOUR PALMS LIGHTLY WITH GHEE BEFORE SHAPING, LADDUS WON'T STICK AND THEY WILL HAVE A BEAUTIFUL SHINE.
- ALWAYS SHAPE LADDUS WHEN THE MIXTURE IS LUKEWARM, IF IT BECOMES COLD, IT WON'T BIND PROPERLY.
- ALWAYS USE FRESHLY GROUND CARDAMOM POWDER, IT GIVES A MUCH STRONGER FRAGRANCE.
- ADD A PINCH OF NUTMEG (JAIPHAL) FOR A RICH HALWAI-STYLE TASTE.

- FOR COCONUT LADDUS, A LITTLE ROSE WATER OR KEWRA WATER GIVES A ROYAL FLAVOR.
- ROAST NUTS LIGHTLY IN GHEE BEFORE ADDING, THIS KEEPS THEM CRUNCHY AND REDUCES MOISTURE.
- USE A WEIGHING SCALE OR A SMALL MEASURING SCOOP (20–25 G EACH) TO PORTION THE MIXTURE, THIS WAY, ALL LADDUS WILL BE THE SAME UNIFORM SIZE.

