



LADDU

BY

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1- BESAN CHURMA LADDU

INGREDIENTS:

BESAN	1 CUP
SUJI (SEMOLINA)	¼ CUP
GHEE	100 G
DRY FRUITS (CHOPPED)	3 TBSP
POWDERED SUGAR	¼ CUP (ADJUST TO TASTE)
CARDAMOM POWDER (ELAICHI)	1 TSP
MILK	¼ CUP OR LESS (AS NEEDED FOR BINDING)

METHOD:

STEP 1: PREPARE THE BESAN ROTI

1. IN A BOWL, MIX BESAN, SUJI, AND A SPOON OF GHEE.
2. ADD LITTLE WATER AND KNEAD INTO A TIGHT DOUGH (LIKE CHAPATI DOUGH).
3. ROLL SMALL ROTIS AND COOK THEM ON LOW FLAME ON A TAWA USING A LITTLE GHEE.
4. COOK TILL BOTH SIDES ARE GOLDEN BROWN AND CRISP.
5. LET THEM COOL COMPLETELY.

STEP 2: MAKE THE LADDU MIXTURE

1. BREAK THE COOLED BESAN ROTIS INTO SMALL PIECES.
2. TRANSFER TO A MIXER JAR AND GRIND TO A COARSE POWDER (NOT TOO FINE).
3. IN A PAN, HEAT REMAINING GHEE, ADD THE BESAN ROTI POWDER, AND ROAST ON LOW FLAME TILL IT BECOMES AROMATIC AND LIGHT GOLDEN.
4. ADD CHOPPED DRY FRUITS AND CARDAMOM POWDER; MIX WELL.
5. TURN OFF THE FLAME, LET IT COOL SLIGHTLY.

STEP 3: ADD SUGAR AND BIND

1. ONCE THE MIXTURE IS WARM (NOT HOT), ADD POWDERED SUGAR AND MIX EVENLY.
2. SPRINKLE MILK GRADUALLY TO BIND.
3. TAKE SMALL PORTIONS AND SHAPE INTO LADDUS WHILE WARM.

✦ TIPS:

- ADD A PINCH OF NUTMEG POWDER FOR FESTIVE AROMA.
- FOR RICHER LADDUS, MIX A SPOON OF MELTED MAWA OR MILK POWDER.
- STORE IN AN AIRTIGHT JAR — STAYS GOOD FOR 7–10 DAYS.

RESULT:

SOFT, RICH, AND AROMATIC BESAN ROTI LADDUS — A PERFECT TRADITIONAL SWEET WITH A RUSTIC HOMEMADE TOUCH!



2- CHURMA LADDU

INGREDIENTS:

WHEAT FLOUR	340 GRAMS
GHEE	210 GRAMS
WATER	170 ML
JAGGERY	340 GRAMS
DRY FRUITS	40 GRAMS
CARDAMOM POWDER	1 TSP
NUTMEG POWDER	½ TSP
POPPY SEEDS	35 GRM

INSTRUCTIONS:

1. MAKE DOUGH: MIX WHEAT FLOUR, 100G GHEE, AND WATER TO FORM TIGHT DOUGH.
2. FRY MUTHIYA: SHAPE DOUGH INTO SMALL MUTHIYAS, DEEP FRY UNTIL GOLDEN. COOL, THEN GRIND INTO COARSE POWDER.
3. ROAST DRY FRUITS: HEAT GHEE, ROAST DRY FRUITS, AND SET ASIDE.
4. MAKE LADDU MIXTURE: MELT JAGGERY IN PAN, ADD TO WHEAT POWDER MIXTURE, CARDAMOM POWDER, AND NUTMEG POWDER. MIX WELL.
5. SHAPE LADDUS: FORM LADDUS, ROLL IN POPPY SEEDS.

TIPS:

- SHELF LIFE: 1.5 MONTHS
- STORE IN AIRTIGHT CONTAINER

ENJOY YOUR DELICIOUS CHURMA LADDUS!

3- SUJI LADDU RECIPE

INGREDIENTS:

SUJI	1 CUP (200 GM)
MILK	2 CUPS (500 ML)
SUGAR	$\frac{3}{4}$ CUP (200 GM)
DESICCATED COCONUT	1 CUP
DESI GHEE	4 TBSP (2+1+1)
ALMONDS (CHOPPED)	2 TBSP
PISTACHIOS (CHOPPED)	1 TBSP
CARDAMOM POWDER	$\frac{1}{2}$ TSP

INSTRUCTIONS:

1. SOAK SUJI: SOAK SUJI IN MILK FOR 30 MINUTES.
2. COOK SUJI: COOK SUJI MIXTURE IN 2 TBSP GHEE UNTIL LIGHTLY BROWNED.
3. ADD SUGAR: ADD SUGAR, MIX WELL.
4. ADD COCONUT & CARDAMOM: ADD DESICCATED COCONUT AND CARDAMOM POWDER, COOK UNTIL THICKENED.
5. ADD NUTS & GHEE: ADD NUTS AND 1 TBSP GHEE, MIX WELL.
6. SHAPE LADDUS: GREASE HANDS WITH 1 TBSP GHEE, SHAPE INTO LADDUS.
7. SERVE: SERVE WARM OR AT ROOM TEMPERATURE.

ENJOY YOUR DELICIOUS SUJI LADDUS!

4- PANCH MAWA LADDU RECIPE

INGREDIENTS:

CHOPPED ALMOND	50 GRM
CHIRONJI	50 GRM
MAKHANA	40 GRM
CASHEW	50 GRM
DATES	40 GRM
KHOYA	300 GRM
GHEE	100 GRM
BURA SUGAR	200 GRM
LIQUID GLUCOSE	100 GRM

INSTRUCTIONS:

1. ROAST MAKHANA: ROAST MAKHANA UNTIL CRUNCHY, CRUSH AND SET ASIDE.
2. ROAST DRY FRUITS: ROAST DRY FRUITS IN GHEE AND SET ASIDE.
3. ROAST KHOYA: ROAST KHOYA FOR 7-8 MINUTES, COOL.
4. MIX INGREDIENTS: COMBINE ROASTED KHOYA, DRY FRUITS, MAKHANA, LIQUID GLUCOSE, AND SUGAR. MIX WELL.
5. SHAPE LADDUS: FORM LADDUS.

TIPS:

- SHELF LIFE: 10 DAYS AT ROOM TEMPERATURE, 15 DAYS IN FRIDGE.
- STORE IN AIRTIGHT CONTAINER.

ENJOY YOUR DELICIOUS PANCH MAWA LADDUS!

5- MOONG DAL LADDU

INGREDIENTS :

- MOONG DAL	300 GM
- GHEE	240 GM
- BURA SUGAR/POWDER SUGAR	375 GM
- ALMOND POWDER	75 GM
- CASHEW POWDER	75 GM
- CARDAMOM POWDER	1.5 TSP
- KHOYA	150 GM

INSTRUCTIONS:

1. SOAK & GRIND: SOAK MOONG DAL FOR 2-3 HOURS, GRIND COARSELY WITHOUT WATER.
2. ROAST DAL: HEAT GHEE, ROAST DAL PASTE UNTIL IT LOSES GHEE AND BECOMES LIGHT. ADD KHOYA, ROAST FOR 2-3 MINUTES.
3. MIX INGREDIENTS: COOL MIXTURE, ADD ALL INGREDIENTS, AND MIX WELL.
4. SHAPE LADDUS: FORM LADDUS.

TIPS:

- SHELF LIFE: 1 MONTH
- STORE IN AIRTIGHT CONTAINER.

ENJOY YOUR DELICIOUS MOONG DAL LADDUS!