

Traditional Festival Sweets & Desserts

Shrikhand, Basundi, Gulab Jamun, and Coconut Ladoo Masterclass Recipes

1. Shrikhand

Velvety Sweetened Yogurt Dessert

Ingredients: Plain hung yogurt (chakka), powdered sugar, warm milk with saffron strands, cardamom powder, sliced almonds/pistachios.

Method: Whisk smooth hung yogurt with powdered sugar until creamy. Infuse saffron strands in warm milk and mix into the yogurt along with cardamom powder. Chill thoroughly, garnish with almonds and pistachios, and serve cold.

2. Basundi

Luscious Reduced Milk Dessert

Ingredients: Full-fat milk, sugar, condensed milk (optional), cardamom powder, nutmeg, charoli and pistachios.

Method: Boil full-fat milk in a wide heavy pan, simmering on low heat while scraping thickened malai back into the milk. Once reduced to half, add sugar and simmer for 10 mins. Stir in cardamom, nutmeg, and chopped nuts. Serve warm or chilled.

3. Gulab Jamun

Soft Spongy Milk Dumplings in Syrup

Ingredients: Khoya (mava), paneer, all-purpose flour, pinch of baking soda, ghee for frying, sugar, water, rose water/saffron.

Method: Knead mava, crumbled paneer, maida, and baking soda into a smooth dough. Shape into smooth balls. Prepare a sugar syrup flavored with rose water and cardamom. Fry balls in ghee on low heat until golden brown, then soak directly in warm syrup.

4. Coconut Ladoo (Naralache Ladoo)

Fragrant Fresh Coconut Confection

Ingredients: Freshly grated coconut, condensed milk (or sugar and milk), cardamom powder, ghee.

Method: Sauté grated coconut in a pan with ghee for 3-4 mins. Pour in condensed milk and stir continuously on low heat until it leaves the sides of the pan. Add cardamom powder, cool slightly, and shape into round ladoos with greased palms.