



# INDIAN SWEETMEATS

**GOOLAB JUMBOO**

**BANANA PURI**

**KLIM BURFEE (INDIAN FUDGE)**

**CHANA MAGAJ**

**LADOO**

**COCONUT ICE**

**APPAU**

**GENERAL BAKING TIPS**

**METRIC CONVERSION TABLE**

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# GOOLAB JUMBOO



## INGREDIENTS

625ml Cake Flour  
1 Tin condensed Milk  
50ml Semolina  
2 Tablespoon Baking Powder  
2ml Nutmeg  
5ml Cardamon Powder (Elachi Powder)  
Pinch of Salt  
60ml Butter or Ghee  
Oil for Frying

## SYRUP

2 Cups Sugar (500ml)  
1 Cup Water (250ml)  
5ml Elachi Powder  
2 Tablespoon Robertson Red Colouring  
4 Tablespoon egg yellow colouring

## METHOD

1. Prepare syrup by boiling water and sugar till slightly sticky. Keep aside.
2. Sift dry ingredients together.
3. Rub butter or ghee till it resembles breadcrumbs
4. Add condensed Milk and Mix into a soft dough.
5. Roll between the palms to form finger size.
6. Heat oil for deep frying.
7. Do not let oil to be too hot.
8. Fry until light in colour. Goolab jumbo must crack a little.
9. Drain oil and put immediately into syrup.
10. Allow to cool.
11. Store in airtight containers.

## BANANA PURI

### INGREDIENTS

500ml Cake Flour

2ml Baking Powder

250ml Ice Water with 3ml Lemon Juice

125ml Melted Butter – (2 Tablespoon for the dough)

### SYRUP

250ml Sugar

Pinch of Elachi Powder

125ml Water

Boil the Sugar and Water together for 5 minutes.

Cool the Syrup

### METHOD

- 1> Sift dry ingredients
- 2> Rub butter into dry ingredients
- 3> Add ice water to form stiff dough
- 4> Divide dough in 8 portion
- 5> Roll each portion into small rotis
- 6> Brush each one with melted butter
- 7> Roll into large circle
- 8> Cut into ruler size strips
- 9> Fold each ruler strip and press with rolling pin till it is flat (Not very flat).
- 10> Heat oil (not too hot)
- 11> Place banana puri into oil
- 12> Use two forks and control the banana puri as it fries.
- 13> When fully fried layer will open as you use the fork.
- 14> Do not let it get brown
- 15> Remove from heat and place on a cooling rack to allow all oil to be removed.
- 16> When cold, dip into syrup and roll into coconut.



## KLIM BURFEE (INDIAN FUDGE)

### INGREDIENTS

500ml icing Sugar (2 Cups)

500g Packet Klim

50ml Ghee or Butter

5ml Cardamon Powder

Colour almonds or Colour almonds bits

10ml nestle cream

### SYRUP

500ml Sugar (2 Cups)

280ml Water (1 ¼ Cups)

### METHOD

- 1> Boil sugar and water to form sticky syrup
- 2> Sift icing sugar and Klim mixture
- 3> Rub Ghee or Butter into Klim mixture
- 4> Add Cardamon Powder, Add Nestle Cream Mix
- 5> Use a food processor, add syrup mixture till it is smooth and creamy
- 6> Pour into a greased tray
- 7> Sprinkle with coloured almonds
- 8> When cold and set, cut in squares

# CHANA MAGAJ



## INGREDIENTS

500g Packet Gram Flour

60ml Milk

2 ½ Nutmeg

500ml Icing Sugar (2 Cups)

12ml Ghee or Butter

500g Butter or Ghee

10ml Cardamon Powder (Elachi Powder)

250ml Nespray or Klim

Colour Almonds

## METHOD

- 1> Sift Gram Flour and rub 12ml butter and add milk
- 2> Put through a processor till fine
- 3> Use a thick bottom pan and add 500g butter or Ghee and fry Chana Mix till pale brown on Low heat for around 15 mins
- 4> Be very careful , do not burn the mixture
- 5> Turn out into basin and allow to completely cool
- 6> Add icing sugar, Cardamon Powder, Nutmeg and Klim or Nespray
- 7> Mix well together and place into a glass square basin

# When set cut into squares

# LADOO



5

## INGREDIENTS

500ml Gram Flour  
10ml Baking Powder  
5ml Egg Yellow Colouring  
250ml Cold Water (Add more if needed)

## SYRUP

500ml Sugar  
5ml Elachi Powder  
250ml Water  
5ml Egg Yellow food colouring  
5ml Red Colouring  
Boil Sugar and water to form a sticky syrup. Keep syrup warm

## METHOD

- 1> Sift Gram Flour, Baking Powder
- 2> Mix colouring into water and mix with a wooden spoon to form smooth weak batter
- 3> Heat oil and deep fry
- 4> Pour batter into colander held over hot oil, bit by bit will fall into oil
- 5> Drain and put into syrup
- 6> When all is soaked properly
- 7> When cold add 5ml elachi powder, 25ml desiccated coconut, 50ml almond bits and 50ml butter.
- 8> Mix Well

Form small balls and roll into coloured almond bits.



## COCONUT ICE

### INGREDIENTS

- 1 Tin Condense Milk
- 1 Cup Icing Sugar
- Desiccated Coconut
- 1 Teaspoon Vanilla Essence

### METHOD

- 1> Empty Condense Milk into basin
- 2> Add icing sugar, vanilla essence
- 3> Add desiccated Coconut, until it forms into a soft dough
- 4> You can use pink colouring to half mixture and another colour with the other half
- 5> Place pink and then the white on top
- 6> When set, cut into squares

## APPAU

### INGREDIENTS

750ml Cake Flour

500ml baker's cone or special maize meal

25g compressed yeast

2 eggs (optional)

250ml semolina

4ml salt

300ml sugar

200ml desiccated coconut

### METHOD

1. Sift flour, semolina, bakers cone and salt into a basin.
2. Mix yeast with 5ml sugar and 200ml water, make a well in the flour mixture and add creamed yeast mixture.
3. Add 750ml tepid water and mix to make a thick batter.
4. Leave aside to ferment for a few hours.
5. When bubbles appear on the batter, add sugar, eggs and desiccated coconut and beat well together.
6. Heat a frying pan or thava and oil lightly. (Use a pastry brush or a piece of kitchen paper dipped in oil and rub over the entire pan).
7. Pour one ladle full of appau mixture in the centre of pan and turn pan around so that it forms a thin coating around the pan. Put a lid on and leave for a few minutes on moderate heat.
8. When cooked, the one side will be light brown and the top will have tiny holes. Do not turn and cook the other side.
9. Spread butter on side that is not brown and roll.

SERVE for breakfast or at tea time.

## General Baking Tips

Preheat the oven 5-10 degrees higher than stated, this allows for the hot air that escapes when the oven door is opened. Turn the oven to the correct temperature once the cake is in the oven.

Use ingredients at room temperature, unless otherwise stated: soft margarine/butter facilitates easy creaming and room temperature eggs beat up to a greater volume.

Self-raising flour can be substituted with cake flour and baking powder: 250ml self-raising flour = 250ml cake flour + 7ml baking powder.

Cakes should be baked as soon after mixing as possible. However, if the cake cannot be baked immediately, place the mixture in the pans in the fridge until they can be baked. If the unbaked mixture is left standing too long, the cake will have a coarse texture

Cake tins should be placed as close to the centre of the oven as possible. When two cakes are being baked at the same time, there should be enough space between the tins for even circulation of hot air between them.

Adjust the oven racks to the correct height: small cakes/biscuits - one above the middle; cakes/loaves - the middle shelf and large/rich fruit cakes - one below the middle.

When making pastry, always have the ingredients as cold as possible. Allow the pastry to "rest" in the fridge before baking. Bake in a hot oven.

To test to see if a cake is baked: for sponge cakes, test by pressing the centre of the cake with a fingertip - if the cake springs back it is baked; for heavier type cakes, test by using a clean skewer - if the inserted skewer comes out clean and not sticky, the cake is baked.

Cakes should stand for ±15 minutes before removing from the pan. The cooling period allows the centre of the cake to become firm.

Dip spoons used for measuring syrup or honey in boiling water or grease lightly. This facilitates easy pouring.

When baking a fruit cake place the dried fruit in a plastic bag and add a little flour. Shake Well. You will find this helps to distribute the fruit evenly in the baked cake.

# Metric conversion table



## TEASPOONS

2 ml -  $\frac{1}{4}$  tsp

3 ml -  $\frac{1}{2}$  tsp

5 ml - 1 tsp

10 ml - 2 tsp

20 ml - 4 tsp

## CUPS

60 ml -  $\frac{1}{4}$  cup

80 ml -  $\frac{1}{3}$  cup

125 ml -  $\frac{1}{2}$  cup

160 ml -  $\frac{2}{3}$  cup

200 ml -  $\frac{3}{4}$  cup

250 ml - 1 cup

375 ml -  $1\frac{1}{2}$  cups

500 ml - 2 cups

1 litre - 4 cups

## TABLESPOONS

15 ml - 1 Tbsp

30 ml - 2 Tbsp

45 ml - 3 Tbsp