

gulab jamoon



preparation time: 50 minutes
cooking time: 20 minutes

difficulty level: medium
serves: 8

rose water and saffron syrup

4 cups sugar
4 cups water
¼ tsp saffron threads
1 tsp rose water

cardamom dumplings

2 cups powdered whole milk
1 cup plain flour
½ tsp freshly ground cardamom pods (ground in spice grinder)
About 1 cup double cream
vegetable oil for deep frying

method

To make syrup: In a large saucepan, combine sugar, water, saffron and rose water. Place over low heat and stir until sugar dissolves. Keep warm over low heat.

To make dumplings: In a large bowl, mix powdered milk, flour and cardamom. Add cream and, using your hands, incorporate flour mixture into cream to form a soft dough, adding a little more cream, if dough is a little dry.

Turn out dough onto a lightly floured surface and knead until mixture is very smooth and becomes a little oily. Shape dough into 20 walnut-sized balls, making sure surface of each ball is very smooth.

To fry dumplings: Pour oil to depth of 4 inches into a large, deep saucepan and heat to 180 C on a deep-frying thermometer. Working in batches, slip dumplings into hot oil and fry, occasionally stirring gently with large, slotted spoon, until golden-brown all over.

Using slotted spoon, transfer to paper towels to drain for 2 minutes then add to warm syrup. Repeat until all dumplings are fried.

Let dumplings soak in syrup for at least 30 minutes before serving. Serve warm.

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