

GULAB JAMUN

Dessert

COURSE

14 Pieces

YIELD

10 min

PREP TIME

30 min

TIME TO COOK



INGREDIENTS

- $\frac{3}{4}$ cup (100 grams) milk powder, unsweetened
- $\frac{1}{2}$ cup (60 grams) maida / plain flour
- $\frac{1}{2}$ tsp baking powder
- 2 tbsp ghee / clarified butter
- milk (for kneading)
- ghee or oil (for frying)
- **for sugar syrup:**
- 2 cup sugar
- 2 cup water
- 2 cardamom
- $\frac{1}{4}$ tsp saffron / kesar
- 1 tsp lemon juice
- 1 tsp rose water
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PROCEDURE

1. In a large bowl take $\frac{3}{4}$ cup milk powder, $\frac{1}{2}$ cup maida, and $\frac{1}{2}$ tsp baking powder.
2. Mix it well. The homemade gulab jamun mix is ready.
3. Add 2 tbsp ghee and mix well making the flour moist.
4. Add milk as required start to combine.
5. Combine well forming a soft dough. Do not knead the dough.
6. Cover and let it rest for 10 minutes.
7. Meanwhile, prepare the sugar syrup by taking 2 cups of sugar, 2 cups of water, 2 cardamoms, and $\frac{1}{4}$ tsp saffron.
8. Mix well and boil for 5 minutes or until the sugar syrup turns sticky. do not attain any string consistency.
9. Turn off the flame and add 1 tsp lemon juice and 1 tsp rose water. lemon juice is added to prevent sugar syrup from crystallizing.
10. Cover and keep the sugar syrup aside.
11. After 10 minutes of resting the dough, start to prepare small ball-sized jamuns.
12. Make sure there are no cracks in the jamun. if there are cracks then there are high chances for jamuns to break while frying.
13. Deep fry in medium hot oil or ghee. frying in ghee gives a good flavor to jamuns.
14. Stir continuously and fry on low flame.
15. Fry until the jamuns turn golden brown.
16. Drain off and transfer the jamun into a hot sugar syrup.
17. Cover and rest for 2 hours or until jamuns absorb the sugar syrup and doubles in size.
18. Finally, enjoy gulab jamun with ice cream or as it is.