

## Rasgulla Recipe (Soft & Spongy)

### Ingredients:

- 1 litre whole milk
- 2 to 3 tbsp lemon juice (or vinegar/curd as alternatives)
- 2 cups sugar
- 1 litre water
- 1 tbsp milk (optional, for cleaning syrup)
- 1 tsp sooji or maida or cornstarch
- 1–2 tbsp rose water or kewra water or ½ tsp cardamom powder

### Instructions:

1. Boil milk on medium heat, stirring occasionally to prevent burning or frothing.
2. Line a strainer with muslin/cheesecloth while milk heats.
3. Once milk boils, reduce heat and add lemon juice gradually until it curdles completely.
4. Turn off heat when greenish whey separates from chenna.
5. Pour curdled milk into the lined strainer and rinse chenna under running water to remove sourness.
6. Squeeze out excess water and press under a heavy object for 7–8 minutes or hang for 30 minutes.
7. Transfer chenna to a plate, add sooji (or maida/cornstarch), and mix well.
8. Knead chenna using the heel of your palm for 8–10 minutes until smooth and slightly greasy.
9. Roll the dough into small, smooth balls without cracks.
10. Cover balls with a damp cloth to prevent drying.
11. In a large deep pan, combine 2 cups sugar and 4 cups water; heat until sugar dissolves.
12. Optionally, add 1 tbsp milk to remove impurities and skim off any scum.
13. Reserve ½ cup sugar syrup in a cup and 1 cup in a serving bowl.
14. Bring the remaining syrup to a rolling boil and gently drop in the chenna balls.
15. Shake the pan gently (don't stir) and cover with a lid.
16. After 4 minutes, add ¼ cup reserved syrup. Cover and continue cooking.
17. After another 4 minutes, add the remaining ¼ cup reserved syrup and cook for 2 more minutes (total 10 minutes).
18. Check doneness: rasgulla should sink in plain water or bounce back when pressed lightly.

19. Transfer cooked rasgulla to the 1 cup reserved syrup and then pour in the remaining warm syrup.
20. Once cooled, add rose/kewra water or cardamom powder. Soak 30 mins. Serve chilled or at room temperature.