

Gulab Jamun Recipe (With Khoya)

Ingredients:

1. 1 cup (200 grams) Khoya (mawa)
2. $\frac{3}{4}$ cup (100 grams) grated paneer (Indian cottage cheese)
3. 3 tablespoons all-purpose flour
4. 2 tablespoons sooji (rava or semolina), finer variety
5. 4 green cardamoms (powdered in a mortar-pestle) or $\frac{1}{2}$ teaspoon cardamom powder
6. 1 tablespoon milk (or add as required)
7. $\frac{1}{4}$ teaspoon baking powder
8. Oil for deep frying (as required)
9. 1.75 cups (250 grams) sugar
10. 1 cup water
11. 1 tablespoon rose water
12. 1 tablespoon milk (optional)

Instructions:

1. Take khoya (mawa) in a bowl. Mash it very well, ensuring there are no lumps. Alternatively, grate the khoya and then mash it.
2. Add grated paneer, rava (sooji), all-purpose flour, baking powder, and cardamom powder to the mashed khoya.
3. Ensure both the mawa and paneer are lump-free for a smooth texture in the gulab jamun.
4. Mix the ingredients well and add milk to gather the mixture into a dough. Don't knead, just gently mix.
5. If the mixture is dry or you're unable to form balls, add a few teaspoons of milk. Cover the dough and let it rest for 30 minutes.
6. Shape the dough into small balls. Cover the balls and set them aside.
7. Dissolve sugar in water and heat it until the syrup becomes sticky. Turn off the heat before it reaches a one-thread consistency.
8. Add rose water and stir. Keep the syrup aside. If it crystallizes upon cooling, warm it again by adding 2-3 tbsp water.
9. Meanwhile, heat oil to a medium temperature. Lower the flame and wait a minute before gently placing the dough balls into the oil.
10. Once the dough balls start developing tiny golden spots, rotate them gently in the oil to ensure they brown evenly.
11. Remove the fried jamuns and drain them on paper towels to remove excess oil.

12. Place the hot fried dough balls into the sugar syrup. Continue frying the remaining dough balls in batches.
13. Once all the jamuns are in the syrup, simmer the pan on low heat for 1-2 minutes to allow the jamuns to soak up the syrup and soften.
14. The jamuns will expand slightly during this time. Avoid overcooking to prevent them from breaking.
15. Use a large pan to avoid overcrowding the jamuns and to make stirring easier while they simmer.
16. Serve the gulab jamun warm or at room temperature. You can also chill them and serve cold, garnished with rose petals or almond slivers.