



NANKHATAI RECIPE

Traditional Indian eggless cookies known as Nankhatai, made with flour, sugar, cardamoms and ghee. This recipe works with different combinations of flour and turn out light and delicious.

For best results follow the detailed step-by-step photo instructions and tips.

Swasthi's Recipes - <https://www.indianhealthyrecipes.com/nankhatai-recipe/>

VIDEO : https://www.youtube.com/watch?v=vX_XaCmusRY

Prep Time

10 minutes

Cook

Time

15 minutes

Total

Time

25 minutes

Servings

12

INGREDIENTS (1 CUP = 240ML)

- $\frac{3}{4}$ Cup wheat flour (or all-purpose flour – 75 grams)
- $\frac{1}{4}$ Cup besan (gram flour – 25 grams)
- 1 tablespoon semolina suji (optional)
- $\frac{1}{4}$ teaspoon baking powder or 1 pinch baking soda
- 3 green cardamoms powdered or $\frac{1}{2}$ tsp powder
- $\frac{1}{2}$ Cup powdered sugar (65 grams)
- $\frac{1}{3}$ Cup ghee or soft butter (75 grams) (use only as needed)

RECIPE

Preparation

1. Preheat the oven to 360 F or 180 C at least for 15 mins.
2. Prepare a tray with parchment paper. Powder sugar along with cardamom seeds.
3. Sieve the flours, semolina, sugar and baking soda together. Set this aside.
4. You can also just mix up all of them together and skip sieving. Ensure the baking powder is mixed well.

How to Make Nankhatai

1. Pour ghee in parts and bring the flour together to make a stiff dough.
2. Use ghee only as needed for mixing. You may need a tsp more or less depending on the temperature where you live. Do not knead the dough.
3. Make 12 balls out of the dough. Slightly flatten and press with a fork lightly to

make a design.

4. Bake exactly for 10 mins (180 C Konvection). Or until light golden and crisp.
The timing may vary depending on many factors - size of your oven, kind of the tray etc.
5. Remove to a wire rack immediately. Cool the nankhatai completely and store in an airtight jar. They keep good for 3 weeks.
6. Enjoy nankhatai as a snack with milk or tea.

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