

Festive Sweet Treats

By Sangita Talati

Channa Dal Halwa

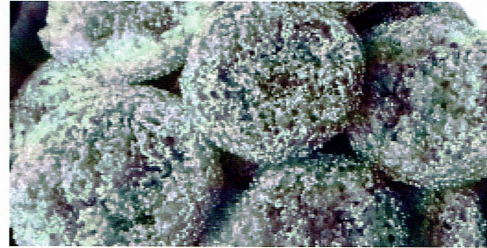
Preparation Time: 41-50 minutes
Cooking time: 21-25 minutes
Servings: 4

Ingredients:

Split Bengal gram soaked and boiled 1 cup
Ghee 1/4 cup
Saffron strands a few + for garnish
Khoya/mava grated or 1/2 cup milk powder
Green cardamom powder 1/2 teaspoon
Sugar 1/2 cup
Pistachios sliced 2 tablespoons
Cashew nuts halved 8-10
Almond slivers 2 tablespoons

Directions:

Heat a non-stick pan. Add Bengal gram along with its water and mash slightly with a churner. Add ghee and mix well and cook for 5-6 minutes or till the mixture reduces to half. Add mava, mix and cook till it melts. Add cardamom powder and sugar, mix and cook till sugar dissolves. Add pistachios, cashew nuts and almonds, mix and cook for 1-2 minutes. Garnish with saffron strands and serve hot.



Anarsa-Maharstrian Sweet

Preparation Time: 6-7 hour
Cooking time: 0-5 minutes
Servings: 4

Ingredients:

Khichdi rice 1½ cup
Jaggery (gur) grated ½ cup
Ghee 7 tablespoons
Semolina (rawa/suji) 2 tablespoons
Sugar 2 tablespoons
2 tbspn of poppy seeds

Directions:

Soak the rice for 6-7 hours. Drain and spread on an absorbent towel to dry for 15-20 minutes. Put rice in a grinder jar and grind to a smooth powder. Sift the powder into a bowl through a fine sieve. Add jaggery and 1 tablespoon ghee and knead into semi-soft dough without using water. If required, use milk. Cover and rest the dough for 5-6 hours.

Divide dough into equal portions and shape them into small round balls. Combine semolina, sugar and poppy seeds on a plate and mix well. Place a round ball, flatten into a ½ cm thick round and coat it evenly well in the mixture. Similarly prepare the remaining balls.

Heat 6 tablespoons ghee in a non-stick pan. Place anarsa and shallow-fry till light brown. Keep on pouring hot ghee from the sides in the pan on the anarsa. Do not flip the anarsa. Drain on absorbent paper.