

GULAB JAMUN

(Sheila Pinto)

Ingredients

For Syrup

3 ½ cups sugar

3 cups water

Pinch cardamom, zaffarn and nutmeg

For the dessert balls

1 cup bisquick

½ cups skim milk powder

4 tsp semolina

½ tsp powdered cardamom

1 tsp baking powder

1 tbsp white flour

5 tsp clarified butter

1/3 cup canned evaporate milk

1/3 cup homogenized milk

Oil for frying

Method:

- ❖ Make syrup and flavour with cardamom, zaffarn and nutmeg.
- ❖ Mix dry ingredients and rub in the clarified butter and add the two types of milk. Let stand at room temperature for 10 minutes.
- ❖ Put a dab of oil on each palm and roll mixture into small balls.
- ❖ Deep fry in a shallow thick bottom pan at low heat until expanded and golden.
- ❖ Put fried balls into syrup.