

E. 'MAḌUER KHEAN'

(E-'Sweet Dishes - Desserts) (H-'Mīthē Pakvān').

RECIPE NO. 164.

1. 'Moḍur Polāv. (E-Sweet Condimented 'Pulāv' of 'Bāsmāḍī' Rice) (H-'Bāsmāḍī Chāval kā Mīthā Pulāv').

Ingredients :-

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| 1. Rice 'Bāsmāḍī', - | 1/2 kg. |
| 2. Sugar, - | 3/4 kg. |
| 3. Pure 'Ghī', - | 250 gm. |
| 4. Almond Kernels, - | 25 gm. |
| 5. Raisins, - | 25 gm. |
| 6. Dry Dates, - | 50 gm. |
| 7. Dry Coconut, - | 50 gm. |
| 8. Shelled Musk Melon Seeds, - | 25 gm. |
| 9. Black Cardamom, - | 25 gm. |
| 10. Black Pepper Corns, - | 10 gm. |
| 11. Cinnamon, - | 5 gm. |
| 12. Green Cardamom, - | 5 gm. |
| 13. Cassia Leaves, - | 6 nos. |
| 14. Cloves, - | 2 nos. |
| 15. Green Ginger, - | 20 gm. |
| 16. Sugar Candy Crystals, - | 25 gm. |
| 17. 'Kēwra' Essence, - | 5 drops. |
| 18. 'Saffron', -
Lemon Yellow Edible Colour- | a pinch, or
a little. |
| 19. Salt, - | 1/4 tsp. |

Preparation :-

1. Wash in several waters, and soak the 'Bāsmāḍī' Rice, in 3/4 litre of water, for 2 hours before cooking.
2. Blanch the Almond Kernels and stem and wash the Raisins.
3. After soaking the Dates in water for an hour, rinse these in more water. Cut each date lengthwise into 5 or 6 slices, discarding the stones and the horny tops.
4. Pare the Dry Coconut, and whittle it into thin shavings, of an inch in length.
5. Clean the shelled Musk Melon Seeds, by discarding any Seeds with shells, shell pieces and also bad Seeds. Wash these.
6. Take out Seeds of Black Cardamoms and clean these of the chaff. Crush these Seeds, along with Pepper Corns into small granules.
7. Wash, scrape and chop the Green Ginger. Keep together the above prepared Condiments (2 to 7) in a bowl.

Method of Cooking :-

1. In a thick bottomed 'Paḍlā', of about 3 litres and with a fitting lid, boil the 'Bāsmāḍī' Rice in the very water in which it was kept soaking, till it is almost cooked and all water is absorbed. Stir gently once or twice while boiling, so that the Rice cooks uniformly. Remove 'Paḍlā' from the stove.
2. Meanwhile in a Pan, put the Sugar and add a little more than a quarter of a litre water, and the prepared Condiments, along with the Cinnamon pieces and Cassia Leaves. Add also the Saffron, or a little Lemon Yellow Edible Colour. Stir, and boil on a low flame till Sugar gets dissolved, and the Condiments also cook a little in the Syrup.

3. Now transfer the somewhat cooked Rice to a basin, and add the Condimented Syrup, along with the Green Cardamoms, after crushing these a bit. Add 'Ghī' after heating it in a pan and adding the two cloves. Now, with a broad flat spatula (H-'Paltā'), gently mix the Rice, and the Condimented Syrup alongwith the 'Ghī' and Cassia Leaves etc., and transfer all the things back to the 'Pañilā'. Cover its mouth with the fitting lid. Put a 'rope' of kneaded wheat flour dough, between the rims of the 'Pañilā', and the lid, and press it, to make the vessel almost air tight.
4. Resume heating the 'Pañilā', on a very low heat, and put a weight on the lid, so that the kneaded flour packing sets as a gasket to stop the steam from escaping easily. After 20 to 30 minutes of slow steam cooking remove the weight and the lid, and see that the Rice is done to the very core, and all its grains, are separate and become somewhat translucent. The very special aroma will denote that the 'Polāv' is ready. Sometimes a little more heating, after sprinkling of little water, may be necessary, if the Rice is not done properly. Just before serving, the 'Kēwra' Essence and Sugar Candy Crystals are mixed with the 'Pulāv'. Serve piping hot.

RECIPE NO. 165.

2. 'Khir'. (E-Rice Pudding) (H-'Chāvalōṅ kī Khīr').

This is a Sweet Dish usually prepared by 'Hindūs' on some auspicious occasions, to be offered to Deities as 'Nivēḍ'. It is a very good Dessert as well.

Ingredients :-

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| 1. White Rice, - | 150 gm. |
| 2. Milk, - | 1 litre. |
| 3. Whole Milk Powder, -
Fresh 'Khōyā', - | 8 tbsps, or
200 gm. |
| 4. Sugar, - | 1/2 kg. |
| 5. Almond Kernels, - | 25 gm. |
| 6. Raisins, - | 25 gm. |

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| 7. Dry Dates, - | 50 gm. |
| 8. Dry Coconut, - | 50 gm. |
| 9. Musk Melon shelled Seeds, - | 10 gm. |
| 10. Black Cardamoms, - | 3 nos. |
| 11. Green Cardamoms, - | 5 nos. |
| 12. 'Kēwra' Essence, - | 5 drops. |
| 13. Cashew Nuts, - | 5 nos. |
| 14. Pistachio Nuts, - | 10 gm. |
| 15. Saffron, - | a few stigmas. |

Preparation :-

1. Clean, wash in several waters, and soak the Rice in 1/4 litre of water for 2 hours before cooking.
2. Blanch Almond Kernels by soaking in hot water and then peeling the skins. Split each into two halves, along with Cashew Nuts.
3. Soak the dry Dates in hot water for an hour and after washing these, cut each lengthwise into 5 or 6 slices, after removing the horny tops and also discard stones.
4. Pare Coconut with a sharp knife, and whittle crosswise into thin shavings, of about 1" length.
5. Clean the shelled Musk Melon Seeds, by discarding any unshelled or bad Seeds and hull pieces. Wash these.
6. After removing the shells of Pistachio Nuts, whittle these, with a sharp knife, into thin shavings.
7. Take out the Seeds of Black and Green Cardamoms, and crush these separately into small granules, and keep aside in two plates.
8. Stem and wash the Raisins.
9. After reserving in separate bowls, for garnishing, about one fourth of Raisins, split Cashew Nuts and Almond Kernels, and all the Green Cardamom granules, mix the remaining split Almonds and Cashew Nuts, and Raisins along with Coconut shavings. Keep these aside in a bowl.
10. Mix in a bowl thoroughly the Milk Powder or grated 'Khōyā', with a cup of water or Milk.

Method of Cooking :-

1. Pour Milk in the body of a pressure cooker, and bring it to a boil. Add the soaked Rice after draining all water. Stir and close the lid. After maximum pressure is developed, reduce heat and cook under pressure for 15 minutes. Remove cooker from heat and allow the pressure to subside, and then open lid and add Sugar, and resume heating, while stirring with an inverted ladle, so that the soft cooked Rice and Milk etc mix nicely, and at the same time it does not adhere to the bottom and cake. Add the mixed split Almond Kernels, Cashew Nuts, Raisins, Coconut shavings and Date slices, while continuing to stir with the inverted ladle. Cook for 10 minutes in all after the heating was resumed.
2. Now go on adding, while stirring with the ladle, the Milk Powder or 'Khōyā' mixed with water or Milk, to the boiling pudding and let cook for another 5 minutes, till a homogeneous 'Khīr' is ready.
3. Remove the cooker from the stove and add the Essence and Black Cardamon granules and stir again. Transfer the 'Khīr' to a Service Bowl, and garnish with prepared Almonds, Cashew Nuts, and Raisins, kept apart for this purpose. Sprinkle the granules of Green Cardamoms along with the Saffron stigmas, after moistening these a little. Generally 'Khīr' is served hot during winter and cold in summer, after refrigeration.

RECIPE NO. 166.

3. 'Fīrūn' (E-Custard of Rice Flour) (H-'Fīrnī').

'Fīrūn', also called 'Firin' by Muslims, is a form of plain Custard prepared from Milk and Rice Meal, made from crushed or ground soft Rice, soaked for 12 hours before cooking. 'Fīrūn' is even now, prepared as a Dessert some times, in Feasts, both by Kashmirī Pandīts and Muslims.

Ingredients :-

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| 1. White Rice, - | 125 gm. |
| 2. Milk, - | 1 litre. |
| 3. Sugar, - | 250 gm. |
| 4. Silver leaves, - | 2 or 3. |
| 5. Saffron, - | a few stigmas. |

Preparation :-

1. Soak Rice for 12 hours or so, in a litre of water, Drain all water, and let all outer moisture dry up by spreading the soaked Rice for 10 or 15 minutes, on a dry cloth.
2. Crush the soaked softened rice into a Meal, by rubbing between hands or grinding by means of a 'Sil Battā'. Keep the Meal aside in a plate.

Method of Cooking :-

1. In a 'Paḷā', pour the Milk and bring it to a boil. Add the Rice Meal and go on stirring with a ladle, till it is cooked into a thick pasty homogeneous pudding.
2. Add Sugar. Stir and cook for another 5 minutes. Pour into small glass or metallic bowls or plates, to cool and set. For serving 'Fīrnī', fresh baked clay plates, (K-'Tāek') or cups ('Piyālā'), are usually used in Kashmīr. These impart a special aroma to the 'Fīrūn'.
3. Decorate each bowl or plate or cup, with a piece of Silver leaf in the middle of the top and spread two or three wet, stigmas of Saffron around the leaf. Serve as a Dessert, a plate or small bowl to each guest.

RECIPE NO. 167.

4. 'Kastāerd Sāḍā'. (E-Plain Custard)(H-Kastārd Sāḍā').

Ingredients :-

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| 1. Flavoured Custard Powder, or Corn Flour, - | 2 tbsps. |
| 2. Milk, - | 1 litre. |

3. Sugar, - 250 gm.
4. Cleaned Dry Fruits - i.e., Blanched and split Almond Kernels, Split Cashew Nuts, washed and stemmed Raisins, broken Walnut Kernels, Musk Melon Seeds, and Chopped Kernels of Pistachio Nuts, all for garnishing, -
50 gm. total.
5. Yellow, Pink or Orange, Edible Colour, -
A pinch, (if desired to colour the Corn Flour Custard).
6. Edible Essential Oil, - a few drops, (in case plain Corn Flour is used.)

Note :-

With Orange Essence use Orange Colour, with Raspberry Essence use Raspberry Red Colour, and Lemon Yellow with Lemon Essence. In case 'Kēwra', Pine Apple or Coconut Essences are used, no colour is usually added.

Method of Cooking :-

1. Mix thoroughly, with a spoon, the Custard Powder or Cornflour, in a cup of cold Milk, and keep the batter aside.
2. Bring to a boil the remaining Milk in a pan, and while boiling add slowly the above batter, and side by side go on stirring with a ladle. After a few minutes of boiling, when a thick pasty Custard is formed, add Sugar. Continue stirring so that the Custard does not adhere to the bottom of the Pan and cake, and also in the meanwhile the Sugar gets dissolved. Remove the Pan from the stove. Add appropriate Essence and Colour in case of Corn Flour Custard.
3. Transfer Custard to a deep Service Bowl of Glass, Chinaware or Steel. Garnish with prepared Dry Fruits and serve cold.

RECIPE NO. 168.

5. 'Ṭāzā Mevā Ṭā Kṛīm Ṭṛāvīṭh Kastāerd' (E-Fruit Custard)(H-'Kastārd, Ṭāzā Mevā aur Kṛīm dāl ke').

Ingredients :-

Ingredients same as in RECIPE NO. 167, with the addition of fresh Fruits and Cream as under :-

- (a) Total about 1 kg. of 2, 3 or more Fresh Fruits, selected or available, out of the following ten :-
 1. Apples.
 2. Pears.
 3. Seedless Grapes.
 4. Bananas.
 5. Mangoes.
 6. Oranges.
 7. Peaches.
 8. Plums.
 9. Pine apples.
 10. Apricots.
- (b) Fresh or tinned Cherries, for garnishing,-
a few.
- (c) Fresh Cream, - 1/2 litre.

Preparation :-

1. Pare and quarter the Apples and Pears. Remove the horny core portions with seeds and other indelible portions. Then cut into slices or dice.
2. Peel the Bananas and cut horizontally into uniform thin round slices.
3. Peel and cut into halves or quarters the Peaches, Plums or Apricots, discarding their stones.
4. Dress the Pine-apple and dice into 1/4" cubes. Tinned dressed Pine-apples can be used after cutting each slice into several pieces.
5. Peel Orange segments and remove seeds.

Method of Cooking :-

Same as in RECIPE NO. 167. Only before transferring to the Service Bowl, put the mixed prepared Fruit in the Bowl and pour the custard over the Fruit. When it sets, spread whipped Cream evenly on the top. Garnish with Dry Fruits as in RECIPE NO. 167, along with a few Cherries. Serve cold after putting

the Bowl in a Refrigerator or in an Ice Box for sometime. For serving individually in separate cups, distribute in these the prepared Fruit and cover it with a ladleful of Custard. When it sets garnish each cup with a little cream, some Dry Fruit and a Cherry. Serve cold.

RECIPE NO. 169.

6. 'Sūji Halvā'. (E-'Halvā' of Semolina) (H-'Sūjī kā Halvā').

It takes very little time to prepare this Sweet Dish. It is enjoyed as a Dessert, as well as at Breakfasts, Afternoon Teas, and is also taken with 'Pūrīs' at home, or in Picnics.

Ingredients :-

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| 1. Semolina ('Sūjī'), - | 1 cup. |
| 2. Sugar, - | 1½ cup. |
| 3. 'Ghī', - | ¾ cup. |
| 4. Water, - | 3 cups. |
| 5. Almond Kernels, - | 10 nos. |
| 6. Cashew Nuts, - | 10 nos. |
| 7. Raisins, - | 20. |
| 8. Walnuts, - | 2 nos. |
| 9. Coconut Dry, - | a piece. |
| 10. Musk Melon shelled Seeds, - | 2 tps. |
| 11. Lime-Juice Yellow Edible Colour, - | a little, or Saffron-a few stignas. |
| 12. 'Kēwrā' Essence, - | 3 drops. |
| 13. Black Cardamoms, - | 2 nos. |

Preparation :-

1. Blanch Almond Kernels by soaking in hot water for a few minutes, and then peeling their skins.
2. Split the Cashew Nuts.
3. Stem the Raisins and wash these well.
4. Crack Walnuts, and split their Kernels into small pieces.

5. Pare Coconut pieces, and whittle into small thin shavings.
6. Clean the shelled Musk Melon Seeds, discarding any seeds with shells and bad seeds.
7. Take out the Seeds of Cardamoms, and crush these into granuls.

Method of Cooking :-

1. In a pan pour the 3 cups of water. Add the 1½ cup of Sugar, and three fourths of prepared Dry Fruits and Cardamom granules, along with the Edible colour or a pinch of Saffron. Stir, and boil till Sugar gets dissolved.
2. Meanwhile in a clean 'Kadāhī', on medium flame, heat the 'Ghī', add the Semolina and go on stirring and turning with a broad spatula till it gets fried, and the grains just begin to change colour. Never over fry the Semolina.
3. Add the Sugar syrup along with Condiments. Continue stirring and turning with the spatula till water gets absorbed and 'Ghī' begins to show. When a well cooked thick, granular, doughy, Saffron coloured 'Halvā' is ready, and it no more sticks to the 'Kadāhī', or the spatula, stop heating.
4. Add 3 drops of 'Kēwrā' Essence and mix it by turning with the spatula.
5. Transfer to Service Bowl, and garnish with the remaining Dry Fruits and Cardamom granules. Serve hot.

RECIPE NOS. 170, 171 & 172.

- #### 7. 'Moangā, Yā, Chanā, Yā, Mahā Ḍālī Hālvā'. (E-'Halvā' of Green Gram, Gram, or Black Gram) (H-'Mūng, yā, Chanā yā Uraḍ Ḍal, kā Halvā').

'Halvā' of split and husked 'Ḍāl' of 'Mūng' or 'Chanā' or 'Uraḍ', is very nutritious and tasty. The selected 'Ḍāl' is soaked for several hours in water,

strained, and then ground into a coarse dough ('Pīthī') before cooking. It forms a good Dessert at Dinners and Feasts, and is equally enjoyed at Breakfasts and Teas.

Ingredients :-

1. Split and husked 'Dāl' of Green Gram or Gram or Black Gram, - 1/2 kg.
2. Sugar, - 250 gm.
3. 'Ghī', - 250 gm.
4. 'Khōyā', - 250 gm.
5. Dry Fruits, (Almond Kernels, Cashew Nuts, Walnut Kernels, Raisins and Musk Melon shelled Seeds, each 25 gm.) - 125 gm.
6. Black Cardamom Seeds, - 10 gm.

Preparation :-

1. Clean, wash and soak the selected 'Dāl' in a litre of water, for 12 hours before making 'Halvā'.
2. Drain water and spread the soaked 'Dāl' on a dry cloth for 2 minutes, to remove the external moisture.
3. Grind the soaked 'Dāl' on a 'Sil Bāṭā', to make it into a coarse dough ('Pīthī').
4. Clean and prepare the Dry Fruits and Cardamoms as in RECIPE NO. 169.

Method of Cooking :-

1. In a clean 'Kadāhī', fry in 'Ghī' the 'Pīthī' to an even light brown colour, while turning with a broad flat spatula.
2. Add 1½ litres of water, the Sugar, crushed or grated 'Khōyā' and three fourths of the prepared Dry Fruits and Cardamom Seeds. Let cook over low fire, stirring and turning frequently so that no caking takes place at the bottom of the 'Kadāhī'.
3. When almost all water is absorbed and the 'Ghī' begins to separate, the 'Halvā' is ready.

Transfer it to a Service Bowl, and garnish with the remaining prepared Dry Fruits and Cardamom Seeds. Serve hot.

RECIPE NO. 173.

8. 'Gāzeri Halvā', (E-'Halvā' of Carrots) (H-'Gājar kā Halvā').

It is a very good Dessert for Dinners and Domestic Meals, and is very wholesome, delicious and nourishing.

Ingredients :-

1. Carrots, Orange tender and unblemished, - 1 kg.
2. Milk, - 1 kg.
3. 'Ghī', - 250 gm.
4. Sugar, - 1 kg.
5. Green Cardamoms, - 3 nos.
6. 'Khōyā', - 250 gm.
7. Cardamoms Black, - 5 nos.
8. Black Pepper Corns, - 5 nos.
9. Cashew Nuts, - 15.
10. Almond Kernels, - 15.
11. Walnut, Kernels, - A few.
12. Raisins, - 25.
13. Musk Melon shelled Seeds, - 2 tsp.
14. Salt, - 1/2 tsp.
15. Ginger Powder, - 1/2 tsp.
16. Cloves, - 2.

Preparation :-

1. Cut green tops and roots of Carrots, scrape, wash and grate these on a grater.
2. Crush the cleaned Seeds of Black and Green Cardamoms, and the Black Pepper Corns.
3. Clean and prepare the Dry Fruits as in the case of 'Sūjī Halvā', (See RECIPE NO. 169.)

Method of Cooking :-

1. Pour Milk into the body of a pressure cooker. Boil it and add the grated Carrots, close lid of cooker, and cook, on medium heat, till full pressure is built up. Remove cooker from heat to subside the pressure. Then remove lid.
2. Heat 'Ghī' in a steel 'Kadāhī' or 'Pañjā', and add the Cloves.
3. Transfer from the cooker the boiled grated Carrots along with any Milk left, to this 'Kadāhī' or 'Pañjā'. Turn with a flat steel spatula (H-'Paltā'), and add crushed 'Khōyā'. Sugar and three fourths of the prepared Dry Fruits and Melon Seeds. Go on turning with the flat spatula gently, so that the cooked Carrots do not get mashed, and also no caking takes place at the bottom of the 'Kadāhī'.
4. While turning, when the grated Carrots are almost done, all moisture disappears, and these and the 'Khōyā', begins to get fried in 'Ghī', which by now begins to separate, add crushed Black Pepper and Cardamoms, Salt and the Ginger Powder. Turn with the spatula again, transfer to a Service Bowl and garnish with remaining Dry Fruits and serve piping hot.

RECIPE NO. 174.

9. 'Tāzā Mevā Raniṭh', (E-Condimented Fruit Stew)(H-'Shīrē mēn pakāyē Tāzā Mēvē').

These are very good and satisfying Desserts for Domestic Meals. Stews are made of somewhat tart or unripe Fruits. Apples (tart), Pears (not soft ones), and a little unripe Apricots, Peaches, Plums, Mangoes, Musk Melons and Papayas, are suitable for this purpose. Stews are prepared of Individual or Mixed Fruits, and served hot or refrigerated.

Ingredients :-

1. Fresh, Fruits or Fruits selected, - 1 kg.
2. Sugar, - 1/2 kg.
3. Black Pepper Corns, - 1/2 tsp.

4. Black Cardamoms, - 2 nos.
5. Ginger Powder, - 1/2 tsp.
6. Salt, - 1/2 tsp.
7. Lime, - One.
8. Lime-juice Yellow Edible Colour, - a little.
9. Fresh Cream, - 100 ml.
10. Musk Melon shelled Seeds or 'Chār Magz', - 2 tsps.
11. Oil of Cinnamon, - 1 drop.

Note :- Item 6 to 10 optional.

Preparation :-

1. Use a sharp steel knife to pare and quarter Apples or Pears, and remove their horny cores, along with seeds and other inedible parts. If Apricots, Peaches or Plums are used, pare or peel these, and after halving, discard pits. Papaya and Musk Melon should be cut into section lengthwise. Pare the skins of the sections and the inside pulp with seeds and strings etc. Cut then the sections into 1" pieces. As for Mangoes, pare and dice the outer edible portion. The scrapped outer pulp of the stones of the Mangoes should be added to the Stew.
2. Take out Seeds of Black Cardamom and clean and crush these into granules along with Black Pepper corns.
3. Clean the Musk Melon shelled Seeds or shelled Seeds of 'Chār Magz', by discarding any Seeds with shells, or any hull pieces, and bad Seeds.

Method of Cooking :-

1. In the body of a pressure cooker, pour two cups of water. Add Sugar and stir. On slow fire, bring it to boil. When Sugar dissolves, add the selected and prepared Fruit or Fruits, along with Melon Seeds. Stir. Close lid of cooker, to build full pressure. Let pressure cook for two or three minutes. Remove from heat and cool the cooker.
2. Open lid and add Cardamom and Black Pepper granules, Ginger Powder, Salt and a little Edible

Colour, or a pinch of Saffron. Add a drop of Cinnamon Oil. Stir gently.

- Transfer to a Service Bowl of steel, glass or chinaware, and spread whipped Cream smoothly on the top. Serve hot, or cold after refrigeration.

RECIPE NO. 175.

10. 'Shuftā'. (E-Sweets made of Dry Fruits and Domestic Cheese etc.)(H-'Panjīrī'.)

'Shuftā' is a Sweet Dish, consisting of Dry Fruits, 'Panīr' and Condiments, cooked in thick Sugar Syrup and served as a Side Dish.

Ingredients :-

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| 1. 'Panīr', - | 125 gm. |
| 2. Sugar, - | 250 gm. |
| 3. Sweet Kernels of Almonds or Apricots, - | 25 gm. |
| 4. 'Munaqqās' (Big dark Raisins with seeds), - | 25 gm. |
| 5. Dry Apricots, - | 50 gm. |
| 6. Dry Dates, - | 50 gm. |
| 7. Dry Coconut, - | 25 gm. |
| 8. 'Ghī', - | 50 gm. |
| 9. Black Cardamom Powder, - | 1/2 tsp. |
| 10. Cinnamon Powder, - | 1/2 tsp. |
| 11. Ginger Powder, - | 1/2 tsp. |
| 12. Black Pepper Powder, - | 1/2 tsp. |
| 13. Salt, - | 1/2 tsp. |

Preparation :-

- Dice 'Panīr' into about 1/2" cubes.
- Blanch Apricot or Almond Kernels.
- Stem and wash 'Munaqqās', slit open and discard seeds.
- Wash the Apricots, cut open and take out stones. Crack stones to get kernels and if these are not bitter use these also after blanching. Then split Apricot halves into smaller pieces.

- Soak dry Dates for an hour. Halve these, and remove stones, and horny tops. Chop each half into 3 or 4 squarish pieces.
- Pare Coconut, and dice into very small cubes.
- Soak, in a cup of water, all the prepared Dry Fruits, for a few hours before cooking.

Method of Cooking :-

- Deep fry in a steel 'Kadāhī' or 'Pañālā' on slow fire, the diced cheese ('Panīr'), while turning it with a perforated ladle, so that pieces fry golden brown, evenly without getting charred.
- Add a cup of water, the Sugar and all the soaked Dry Fruits, along with the water in which these were soaked, and go on turning with a broad steel spatula. After about 15 minutes of boiling the Dry Fruit soften, and the syrup thickens to a jelly like consistency.
- Add Spices and Salt. Turn again with the spatula. 'Shuftā' is ready for serving.

RECIPE NO. 176.

11. 'Sōnthī'. (E-Sweet-Sour Sauce) (H-'Sōnth').

It is Side Dish like a Pickle, and is enjoyed with 'Pūrīs' etc.

Ingredients :-

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| 1. Brown Sugar, - | 500 gm. |
| 2. Tamarind, - | 250 gm. |
| 3. Dry Dates, - | 250 gm. |
| 4. Green Ginger, - | 100 gm. or
Ginger Powder, - 50 gm. |
| 5. 'Garam Masālā', - | 1 tsp. |
| 6. Salt, - | 1 tsp. |

Preparation :-

- In a steel or a glass bowl, soak the Tamarind for half an hour in two cups of hot water. When it becomes soft mash it with fingers, and strain the

Pulp through a colander, and discard pits, fibres and hull pieces etc. Keep the Pulp aside in a steel bowl.

2. Soak also the dry Dates, for two hours before cooking, in hot water. Remove horny tops, halve and discard stones. Slice each half into 5 or 6 slices lengthwise. Keep these aside.
3. Wash, scrape, chop and grind the Green Ginger into a paste, by means of a 'Sil Battā'. If Ginger Powder is used, the grinding is not needed.

Method of Cooking :-

In a steel 'Paṭlā' or Kadāhī, boil the Brown Sugar, after crumbling it, and the prepared Date slices, in half a litre of water. Stir and when Brown Sugar dissolves, add Tamarind Pulp and the Ginger paste or Ginger Powder. Go on stirring frequently, till Syrup thickens and the Dates are done. Add 'Garam Masālā' and serve.

RECIPE NOs. 177, 178, & 179.

12. 'Moḡuer Čhūñth, Yā Ṭṛelā, Yā Čherā'. (E-Jams of Apples or Crab Apples, or Apricots) (H-'Sēb yā Ṭṛel yā Khōbanī kā Murabbā').

This is also a Side Dish, served in Feasts and Dinners, but is not served as a Dessert.

Ingredients :-

1. Apples (preferably tart and crunchy) or Crab Apples (hard red 'Kičāhām'), or Apricots (not over ripe and soft), - 1 kg.
2. Sugar, - 1 kg.
3. Ginger Powder, - 1/2 tsp.
4. Black Pepper Powder, - 1 tsp.
5. Black Cardamom, Cinnamon and 'Garam Masālā' Powders, - a pinch of each.
6. Salt, - 1/2 tsp.

Preparation :-

1. In case of Apples and 'Ṭṛelā', with a knife pare these, halve and scoop out the inner horny cores

with seeds. Remove also any stems and other inedible portions. In cas of fresh Apricots, pare, halve and remove their stones.

Method of Cooking :-

1. In a steel 'Kadāhī', dissolve the Sugar in a litre of water and bring to boil, on medium heat.
2. Add the prepared selected Fruit, and go on stirring and turning gently, with a broad steel spatula or a wooden ladle, till the Fruit gets cooked in the Syrup and turns translucent, and the Syrup also thickens into a 'Qwām'. To ascertain that the Syrup has boiled down to a 'Qwām', press a drop between the thumb and forefinger tips. Let cool. Now when the finger and the thumb are taken apart, if it spins a thread, the Syrup has boiled to 'Qwām' consistence, and the Fruit will keep for a long period in it. Add Spices and Salt. Stir gently. Serve cold.

RECIPE NO. 180.

13. 'Sīmni Halvā'. (E-'Halvā' of Vermicelli) (H-'Sivaiyañ kā Halvā').

Vermicelli (H-'Sivaiyañ'), prepared from 'Maiḡā', are available readymade from Grocers and kitchen stores. Its 'Halvā' is made in the same way as 'Halvā' of Semolina (See RECIPE NO. 169). Here, in place 'Sūji', we use Vermicelli, broken into small lengths. It is served as a Dessert some times.

Muslims prepare it generally on 'TD' festival.

RECIPE NO. 181.

14. 'Sīmni Khir', (E-Sweet pudding of Vermicelli) (H-'Sivaiyañ kī Khīr').

Method of cooking of Vermicelli 'Khīr' is similar to that of making 'Khīr' of Rice (see RECIPE NO. 165). Instead of Rice we add Vermicelli, broken into short lengths, and it needs no soaking in water and mashing.

OTHER SWEET DISHES

Following Sweet Dishes are also served at Dinners and Lunches, as Desserts or as a part of Desserts. These are also served in Tea Parties, and sometimes form a part of food eaten at Domestic Meals, Breakfasts and Teas etc.

These Sweets are mostly bought ready-made from Indian Sweet Shops ('Halvāyīs') but, some times are prepared at home too. When required in larger quantities, these are also made at home for Wedding and other Big Dinners, by professional 'Halvāyīs', engaged for the purpose.

RECIPE NO. 182.

15. 'Rasgōlā' (E-An Indian Sweet) (H-'Rasgōlē').

These are made of thoroughly mashed Domestic Cheese (H-'Parīr'), in which 20% 'Maiḍā' (Sifted Wheat Flour) is rubbed in. Then rolled into balls of 1" to 1½" diameter, these are boiled in Syrup into luscious, spongy, white Sweets. Sprinkled with dilute Essence of 'Kēwrā' or Rose, these 'Rasgōlās' are served usually with a little Syrup. Generally these are served ice cold, especially in summer.

RECIPE NO. 183.

16. 'Rasmalāy' (E-An Indian Sweet) (H-'Ras Malāyī').

Flattened 'Rasgōlās' (RECIPE NO. 182), after being boiled in Milk, are enveloped in sweetened batter of 'Malāyī', and granished with shredded Almond and Pistachio Kernels, and crushed Car-

damom Seeds. Then, sprinkled with 'Kēwrā' or Rose water these are served ice cold, as a Dessert in Dinners or as a Sweet at Teas etc. It is called 'Ras Malāyī'. Milk, of a Cow or a Buffalo, is boiled for hours, and while cooling, its coagulated, Fatty and Protein rich layer on the top is skimmed away. This is called 'Malāyī'.

RECIPE NO. 184.

17. 'Gulāb Jāman'. (E-An Indian Sweet)(H-'Gulāb Jāman').

These soft reddish brown, round about 1" to 2" in diameter, or ovoid, about 3" to 1", luscious Sweets, are usually served hot in Teas or as Desserts, at home or in Parties.

These are prepared from Whole Milk Powder or 'Khōyā', blended with 20% 'Maiḍā', and kneaded into a stiff dough. The dough is rolled into balls or ovoids, which are deep fried in 'Ghī' to a golden brown colour, and then boiled in thick Syrup, till these become soft and the Syrup soaks in.

RECIPE NO. 185.

18. 'Kalā Jāman', (E-An Indian Sweet) (H-'Kalā Jāman').

This is a round dark brown 'Gulāb Jāman' of a little bigger size, (See RECIPE NO. 184). While deep frying in 'Ghī', in this case the dough balls are fried to a dark brown (almost 'black') colour. Ingredients and other process of cooking is similar to that of making 'Gulāb Jāman'. These are also eaten at Breakfasts and at Teas both at Parties and at home.

19. 'Amṛiṭī Tā Malāy'. (E-An Indian Sweet)
(H-'Amṛiṭī aur Malāyī').

Freshly prepared 'Amṛiṭīs', topped with beaten and sweetened, 'Malāyī', and garnished with shredded Almond and Pistachio Kernels, are served as Desserts in Dinners some times.

Split and husked 'Dāl' of Black Gram, to which 25% husked Green Gram is added, is kept soaking in water for 12 hours or so. After draining the unabsorbed water, the 'Dāl' is kept in a covered pot to get a bit fermented. Then it is ground into a fine thick batter. Coiled, bangle shaped fritters of this batter are

deep fried in 'Ghī', in a broad flat Iron Pan and then transferred, after draining 'Ghī', into a hot thick Syrup, slightly coloured with Edible Orange Colour. After having sucked in the Syrup the 'Amṛiṭīs', as these are called, are taken out with a perforated ladle, draining all surplus Syrup. To make the bangle shaped fritters, the batter is put in a thick cloth with a small hole, and squeezed out directly into smoking 'Ghī' for getting deep fried. By holding in hand the cloth in which the batter is filled, and clenching the fist to press it out, and side by side moving the hand in a way which gives a coiled bangle shape to the fritters, the unsweetened 'Amṛiṭīs' are made before dipping in the Syrup.