

### Ingredients

Quantity	Measure	Ingredients	Description
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### Method

Heat the ghee in a pan and add the carom seeds. When the seeds start spluttering add all the dry fruits and seeds (magaz). Stir until the nuts and seeds turn light brown.

Next, sprinkle the powdered gum crystals into the pan and keep stirring until the crystals puff up and the spluttering stops.

Add turmeric powder to the mixture and stir well. Add in water and sugar (or grated jaggery), and bring the mixture to a boil.

Let the mixture cook on a low flame for a few minutes until the ghee starts separating. At this

point the mixture should look like a thick syrup. Remove from the flame and pour into a bowl and garnish it with cardamom powder. Serve warm.

Note: The recipe may vary a bit from region to region. Some may add additional ingredients like black pepper (kali mirch), white pepper (dakhni gol mirch), nutmeg (jaiphal) or ginger powder (saunth). You can modify the recipe as per your choice.

<http://www.babycenter.in/a1023542/recipes-for-traditional-confinement-foods#ixzz4K9YvksGD>