

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Nos	Coconut	Scrape the
100	Grammes	Plums	pick and clean
3	Pods (whole)	Cardamoms	Powder
100	Grammes	Almonds	blanche and chop
0.5	Teaspoon	Nutmeg	Powder
200	Grammes	Sugar	Cook with coconut
1	Tablespoon	Vanilla Essence	add
1	Tablespoon	Rose Water	add

/ Method

Scrape the coconut, pick and clean the plums, blanch and chop the almonds, powder the cardamoms or use cardamom powder and nutmeg or nutmeg powder

Start cooking the scraped coconut and sugar on slow fire, stir and brown it well. Add to it plums, almonds, rose water and vanilla essence as well as the two powders of cardamom and nutmeg.

Stir well and cook for five minutes.

Keep down and cool.

Filling for puff pastry, muffins, dumplings etc.