

Ingredients

Quantity	Measure	Ingredients	Descripti
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Method

Heat half the ghee in a kadai. Deep fry all the dry fruits one by one. First almonds, then cashew nuts followed by walnuts, pistachio nuts, lotus seeds, and lastly the seeds. Remove when they turn brown and keep aside. In the same ghee, deep fry the kamarkas.

In a separate pan, heat 1 tbsp ghee and roast poppy seeds over low flame and keep aside. When the poppy seeds have cooled, grind them with the kamarkas into a fine powder. Next

roast the grated coconut and keep it aside. Finely grind all the fried dry fruits. Add to the roasted coconut and keep the mixture in a bowl.

Heat the remaining ghee in the karahi, and roast the flour over medium heat until golden brown. Lower the flame. Sprinkle powdered edible gum in to the roasted flour and keep stirring it till the crystals puff up and the spluttering stops. Turn off the flame.

Keep stirring the mixture for another 5 to 10 minutes. Next, add cardamom powder, mixture of all the dry fruits, and powdered kamarkas and poppy seeds to the roasted flour. Mix the ingredients well. Add powdered sugar to the mixture. Set aside for a few minutes. Allow to cool to a temperature where you can safely handle the mixture.

Smear a little ghee on your palms and make small balls (laddoos) while the mixture is still warm. Keep each laddoo on a tray. They will become firm once cool. Store it in an air-tight container.

Note: You can also add nutmeg (jaiphal) powder, fenugreek powder (methi), dry fenugreek leaves (kasoori methi) in these laddoos.

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