

Ingredients

Quantity	Measure	Ingredients
1/2	Teaspoon	Citric Acid
1	Liter	Milk
2-3	Drops	Rose Essence
1, 1/2	Teacup	Sugar
4	Teacup	Water

Method

Heat the milk and bring to boil.

Cool the milk for a couple of hours. Remove the cream layer.

Reheat the milk and bring to a boil.

Add the citric acid dissolved in some water.

Stir slowly till the milk is fully curdled.

Keep as it is for 5 minutes.

Meanwhile heat the sugar and water in a wide sauce pan. Bring to a boil.

Strain the milk through a muslin cloth. Wash the chenna in the cloth under cold running water.

Press out the excess water and remove in a wide plate.

Gently knead into a soft dough by passing between fingers.

Make twelve equal sized balls of the dough.

Let them into the boiling water. Cover with a perforated lid. Boil for 13 to 15 minutes.

Take off from heat and cool them to room temperature.

Add essence and chill for at least 4 to 5 hours.