

GULAAB JAMUN



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1 tin of condensed milk

1 tablespoon of semolina

1/2 tsp freshly ground nutmeg

1/2 tsp ground elaichee

2 tablespoons of melted butter ghee

+ - 2 1/2 cups of self raising flour

Combine all the above ingredients except the flour and leave aside

Sugar syrup

Make a sugar syrup using 3 cups of sugar and 1 1/2 cup of water

Boil together until thick and sticky but not crystallised and leave to cool!

You can now add the self raising flour to the condensed milk mixture! You may need to add a bit more flour to form a soft dough! It should not be sticky and not too dry! Shape the Gulaab jamun into a required size usually the length of a forefinger! Fry in moderately hot oil until golden brown! Dip straight into the cool syrup! Just ensure that the oil is not too hot as this will burn the outside and not cook on the inside!

Source and photo: Nelly Govener