

Rava-coconut laddoos

Makes 30 to 35 laddoos depending on size

Coarse semolina (sooji or rava) – 3 cups

Sugar – 2 cups

Dry coconut powder – 1 cup

Green cardamom (elaichi) powder – 2 tbsp

Clarified butter (ghee) – 4 tbsp

Water – 3/4 cup for sugar syrup

Saffron – a good pinch

Raisins – 1/4 cup

Raw pistachio bits – 1/3 cup

- Prepare a large tray or platter to lay out the laddoos.
- In a saucepan, combine the sugar and water. Dissolve and heat to make a sugar syrup. When the sugar is dissolved, add the saffron to the liquid.
- Soak the raisins in some very hot water for five minutes, then drain.
- Heat ghee gently in a non-stick pan at just under medium heat. Add the semolina and fry until it turns a pinkish brown.
- Add the coconut and cardamom powders and fry for a several more minutes.
- Mix the semolina and coconut mixture into the sugar syrup. Move this off the heat.
- Mix in the nuts and the soaked raisins and keeping stirring to bring everything together into a thick mixture.
- When it is just about cool enough to handle, but still warm, start to roll out spheres about 3/4" to 1" in diameter. This may require some pressure to compact it. Place the laddoos to cool and set on the platter. Continue until the entire mixture is used up.