

Ekadashi Recipes (Sweets/deserts/cakes)

(If you like to add to our Ekadashi Recipes, please email us on info@dipika.org.za)

Dipika's Ekadashi Chevda

Fry nuts and keep aside, fry grated potatoes (coloured with red/green/yellow food colour) and keep aside, fry thin slices of green bananas and keep aside. Add all together in a deep bowl and add salt and black pepper for taste.

Cut green bananas into thin slices and fry it (of course the green outer of the banana must be removed first). Also fry some peanuts. Add both together and add salt and a bit of pepper for taste.

Carrot halva

1 kg Carrots
1 litre Milk
1 teaspoon Cardamom seeds
3/4 cup Water
3 tablespoons Ghee
2 tablespoons Raisins
2 tablespoons Almonds
2 tablespoons Pistachios
450 grams Sugar

Preparation of carrot halwa:- Wash and grate the carrots. Soak the raisins in water for 30 minutes. Blanch and shred the nuts. Put the water to boil, when it starts boiling add the grated carrots. Cook for 5-7 minutes. Add the milk. Cook on a low flame for 1 hour stirring occasionally. Add sugar, mix well and cook till the sugar has dissolved and all the milk has been absorbed. Add ghee and simmer for 2-3 minutes. Add the slightly crushed cardamoms and the raisins. Mix well. Remove from heat and arrange in a serving dish. Garnish with almonds and pistachios. Serve cold, hot or at room temperature.

Ekadashi Coconut Cake

(From "The Book of Egg Free Cakes" By Cintia Stammers)

1 1/4 cups milk powder
1 1/4 cups potato flour
1 cup caster sugar
1 teaspoon bicarb
1/4 cup butter
1/2 cup grated coconut
2 mashed bananas
1/2 cup yogurt
Finely grated rind of one lemon and one orange
1/2 cup chopped roasted hazelnuts

Butter and flour 10-inch cake tin, or for a deeper cake, an 8-inch tin. Set oven to 330 F. Sift together the milk powder, potato flour, sugar and bicarb. Melt the butter and toast the coconut in it. Mash the bananas and mix in the yogurt, rind and butter-toasted coconut. Add the dry ingredients and nuts and beat with a spoon. Pour into tin and bake 20 to 30 mins. Test with toothpick, rest ten minutes and turn out onto rack. When cool, split and fill with whipped cream and fresh fruit, and/or jam. You can also ice it and cover with fresh soft grated coconut for dramatic effect.

Caramel banana

Ingredients

3 large ripe Bananas
50 grams coconut shredded and toasted
75 grams of sugar
2 tablespoon water.
25 grams butter

Directions:- Heat the butter in a large frying pan and fry the bananas for 1 to 2 minutes on each side or until slightly golden in colour, remove from pan. Sprinkle the sugar into the pan, add water and bring it to the boil, it will dissolve [caramel]. Put the bananas back in, Sprinkle the toasted coconut over the bananas. If preferred you can sprinkle nuts over the bananas instead of the coconut. Serve with cream.

SWEET POTATOES KHEER

Ingredients:

1 cup grated sweet potatoes.
1/4 cup sugar
1/2 cup fresh coconut scraped
5 cardamoms (ground)
4 cups full cream milk

What you do:- Wash, peel and grate sweet potatoes. Cook in milk till it turns soft and the mixture thickens. Then add sugar, cardamom powder and coconut and cook for a few minutes. Serve hot or cold. This kheer looks like vermicelli kheer and tastes excellent.

Peanut Butter Fudge

Ingredients:

1 cup whole milk (or 3/4 cup water)
2 cups white sugar
Just over a pound of peanut butter

Preparation

Boil sugar with milk or water. Boil the milk and sugar until it reaches the "soft ball stage." You'll know you've hit the soft ball stage when you take a drop of the mixture between you thumb and index finger, pull your fingers apart, and see the drop form a string.(kinda like pulling a slice of cheesy pizza and seeing a string of cheese between slices.) Take the pot off the stove. Add peanut butter and stir vigorously until you see a stringy texture (kinda like a paved road or neatly combed hair). While the mixture is still fairly liquid, pour it into a pan and flatten it out to a uniform layer about 3/4 in. thick. Variations Put in about 2 or 3 heaping teaspoons of carob powder into the peanut butter mix. This makes the fudge really tasty and helps as a thickener too (this is the best solution for vegans!). Try it with coconut milk instead of milk, or add in shredded coconut in the final stage. The fudge works even better with almond butter or cashew butter, and best with hazelnut butter.

Cream Cheese Mints

The mints are also very tasty and creamy.

Ingredients:

1 3-oz pkg cream cheese at room temperature.
4 drops food colouring (mint - green, lemon - yellow, strawberry - pink)
1 tsp flavouring extract as above
1 Lt milk

Stir the above together until well mixed then add 1 lb confectioner's sugar or icing sugar (icing sugar in some places has wheat flour in be careful). Mix all the sugar into the cream cheese mixture, kneading it with your hands. When completely mixed, roll into a large sausage. Break off small amounts and roll into balls, about 1" diameter. Place balls on waxed paper, and press flat with fork dipped in confectioner's sugar. Let dry until tops are just dry, then flip and dry out underside. Store in airtight container so they don't dry out any further. Yields 80-90 mints.

Ekadashi Egg Substitute – Recipe

More Cooking Tips Solutions by Annie Berthold-Bond, www.Care2.com Producer, Green Living Channels. The Allergy Self-Help Cookbook by Marjorie Hurt Jones, R.N.

Simple Solution: Here is the recipe for substituting 1 egg:

INGREDIENTS

1/3 cup water

1 tablespoon whole flaxseed (available in most health food stores)

Place the water and flaxseed in a pan, and bring to a boil. Lower the heat and simmer, watching closely as the mixture thickens to a gel (about 5 minutes). Remove the pan from the heat before the mixture gets too thick and gummy. The flax-seeds don't need to be removed from the gel.

White Chocolate Pistachio Truffles

These delicious creamy white chocolate truffles will testify that nothing is as nice as home-made chocolates. (NOTE: check the label of the white choc to see that there are no grains, cocoa, E 410, E 412, 410, 412 etc).

Cooking Time : 5 mins.

Preparation Time : 10 mins.

Makes 30 truffles.

Ingredients

For the white chocolate truffle

1 cup (125 grams) white chocolate (chopped)

1/3 cup fresh cream

a few drops coconut essence

To be mixed into a topping

3 tablespoons coarsely powdered pistachios

3 tablespoons desiccated coconut

Method

For the white chocolate truffle

1. Heat the cream in a broad pan and bring it to a boil.

2. Remove from the fire and add the white chocolate and coconut essence. Mix well to get a smooth mixture.

3. Refrigerate until firm.

How to proceed

1. Divide the white chocolate truffle into 30 equal portions.

2. Shape into even sized rounds.

3. Evenly coat the pistachio and coconut topping on the truffles by rolling them in the topping mixture.

4. Refrigerate until firm.

5. Serve chilled.

SAGO JALEBI

Ingredients:

Sago (Soaked in Water)-1 cup

Potatoes (Boiled & Mashed)- 1 cup

Maida- 3/4 cup (use kutu atta or waterchestnut flour - Singhare ka atta)

Besan- 1 Tablespoonful (banana flour or arrow root flour)

Ghee- 2 cup

Sugar- 1 cup

Water- 1 cup

Saffron & Saffron colour- little amount.

Almond & Pista (in pieces)- 5-6 pieces of each.

Method: Mix soaked Sachamoti Sago & boiled meshed potatoes in a mixer well. Add, Maida & Besan in it. Add some water & prepare liquid mixture. Now, in a shallow frying pan, put some Ghee & heat it. Put the liquid mixture in pikari (an instrument to make jalebi) & make jalebi in light heat. After preparing jalebi, put these in Chasni (a hot mixture of water & sugar). Mix some saffron colour & put some cardamon powder in the Chasni as per your taste. Serve hot with putting some Pista/ Badam pieces on it. You can decorate jalebi with silver foils.

Coconut Sheera

A dessert made of coconut milk.

Cooking Time : 60 mins.

Preparation Time : 5 mins.

Serves/Makes : Serves 4.

Ingredients

2 1/2 cups coconut cream

1 litre full fat milk

1/2 cup sugar

5 cardamom (elaichi) pods, crushed

1/4 cup chopped cashew-nuts

ghee for greasing

Method

1. Soak the cashewnuts in hot water for about 10 minutes. Drain and keep aside.
2. Mix together the coconut cream and milk and simmer in a non-stick pan, stirring continuously.
3. When it reduces to half, add the sugar and continue simmering on a low flame stirring continuously till it thickens and leaves the sides of the pan and resembles khoya.
4. Add the cardamom and cashew-nuts and mix well.
5. Pour into a serving bowl and refrigerate.
6. Serve chilled.

Kalakand

An instant version of the traditional dessert.

Cooking Time : 15 mins.

Preparation Time : 10 mins.

Serves/Makes : Makes about 16 pieces.

Ingredients

3/4 cup paneer, unsalted (milk curds - casein)

8 tablespoons whole milk powder

1/4 cup sugar

1/2 cup cream
1/2 teaspoon cardamom powder
For the garnish
10 almonds, slivered

Method

1. Combine all the ingredients in a non-stick pan.
2. Cook over a medium flame, stirring continuously for approximately 10 to 15 minutes till the mixture thickens and leaves the sides of the pan.
3. Spread onto a 175 mm. (7") diameter pie dish. Cool and cut into 16 pieces.
4. Garnish with slivered almonds and serve chilled.

SAGO MILKCAKE

Ingredients:

Sachamoti Sago: 1 Cup

Sugar: 1 Cup

Milkmaid: 1/4 Tin

Milk: 1 Cup

Water: 1 Cup

Ghee: 2 tablespoons

May be add: Pista (Pistachio), Badam (Almond), Cashewnut, and Saffron as per taste.

Method:

Mix 1-Cup Water and milk and boil them on a stove. Add the Sachamoti Sago and mix till boiled. Add sugar to the boiled Sago and mix well. Add Milkmaid and Ghee and mix them till it becomes a Semi-solid Mass. Transfer the content to a plate, which is already given a thin coating of Ghee. Allow the contents to cool and then cut to required shapes. Other nuts and additives may be placed on the ready cake and it is ready to serve.

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Compiled for the upliftment of Sanathan Dharma

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