

Rhot, Panjeri, Puri, Halwa, Kheer (sweet rice) Recipes

How to prepare Rhot

5 cups of flour

2 cups normal sugar,

1 cup butter ghee

1 cup fresh milk.

1/4 tsp crushed cardamom (elachie)

Method:- Do remember this little secret - the ingredients should always be 5-2-1 meaning 5 cups flour to 2 cups of sugar to 1 cup of butter ghee. This is something my awesome mother taught me. Mix the flour and elachie together and add ghee until smooth crumbs form. Add the sugar and mix well. Add the milk to the flour mixture to form a smooth dough. Knead well until the dough appears rich and shiny and has an oily texture. Divide the dough into little portions and make rounds shapes to desired thickness and size. Deep fry in medium to hot ghee until flaky and lightly crisp, but evenly coloured to a pale golden colour. Drain well and allow to cool.

Panjeri Recipe

One non-stick cooking pan and a wooden stirring spoon are needed for this preparation.

Cook Time: 15 minutes, Total Time: 15 minutes, Yield: About 20 servings

Ingredients: 1 cup ghee or 1/2 lb unsalted butter (2 cubes), 1 cup cake flour (atta), 1 cup sugar, 1/4 teaspoon Black pepper corn, two pinches of elachie powder.

Preparation: Measure all ingredients. Bring the pan to a reasonable heat, add about half a cup ghee or butter and once the ghee/butter is melted add 1 cup cake flour. You have to continuously stir the bottom of the pan so that the flour doesn't burn. When the ghee is almost absorbed into the flour you add more ghee. After about 15 or so minutes the flour should be brownish in colour and will smell a tad burnt. Then you know it's almost ready. Next empty the ingredients onto a flat tray to cool down. After a little while it will be warmish to the touch, then add the elachie powder, crushed pepper corn and sugar... Mix well and (it will be ready to be offered to Shree Hanuman-ji) ready to be offered to Shree Hanumanji. I advise using those small round silver mini-tart/pie containers for the Panjeri to be offered to Hanumanji as it will look presentable and professional.

Halwa.

Add 1 cup Semolina and 1 cup Butter Ghee in a pan and roast it over slow flame while stirring the mixture continuously. After a little while add the sugar and milk to the roasted semolina and stir continuously on a slow flame. After some time the milk and sugar will merge with the semolina. The next items are optional but we are preparing this offering for the Lord/Mata so our Lord/Mata deserves the best don't you think? You can now add the almonds, pistachio, cashew-nuts and elachie powder and

once again stir for a few more minutes and the Halwa is now ready to be offered to the Lord/Mata.

Puri

Ingredients

- 1 cup wheat flour
- about 1/2 cup water (or as needed to make a pliable dough. Might vary depending on the quality of flour)

Method

Stir the flour in a bowl. Add water - little by little - to the dough until it comes together into a pliable dough. So add it little by little while kneading. You can also add 1 tbsp or so of hot oil (that you are heating for deep frying) to the dough. The final consistency should not be too tight (dry) or too soft (wet). Knead it well until smooth like below. The dough should not be sticky (only lightly sticky) or feel dry in your hands. Make small balls out of it. These will depend on how big a fryer you have.

Tips:

Do not let the dough sit. Usually for roti(s), the dough sit for some time which makes the dough very soft. But for puris this rule does not apply. Letting it sit for too long makes it prone to soaking up lots of oil while frying. Hence use the dough immediately to make the puris.

Roll it out into small circles with thin-medium thickness. Don't make it too thin else it will come out crispy.

Repeat for all dough. Alternatively heat oil for deep frying. Do the oil-temperature test to see if it is ready. The oil should be hot but not too hot that it smokes.

Tips: Drop a small piece of dough into the oil. The dough should fry up immediately and come to the surface. You know the oil is not hot enough when the puri does not puff up, is flat and instead is also soaking up oil. Now drop the puri into the oil. While the puri is slowly coming to the surface, make sure to keep ladling in the hot oil on the surface. This helps the puri to puff up. Turn it so that it gets evenly reddish brown or golden yellow (however you prefer) Place it on paper towel to drain off any oil. If fried right, it won't retain oil. Serve it with side dish of your choice.

Sweet rice (Kheer)

Ingredients:

1 litre Milk (Full cream)

$\frac{1}{4}$ cup short grain Basmati rice (soak for a few hours)

$\frac{1}{4}$ cup sugar + 1/8 cup more if needed

$\frac{1}{4}$ tsp cardamom powder (Elaichi powder)

A few strands of saffron

2 tbsp raisins

2 tbsp almonds (Soaked for 4-5 hours)

pistachio for garnish

Take a thick bottomed pan with a little water (2 tbsp). Adding water to the pan before boiling milk reduces its chance of sticking to the bottom. Add milk to the pan and boil it. After it comes to boil add rice. Short grain rice are better for use in kheer as they get mixed uniformly resulting in a thick kheer.

Soak saffron strands in 2 tbsp milk in a separate bowl.

After giving rice and milk mixture a boil reduce the flame to low and let it simmer for $\frac{1}{2}$ hour. Rice kheer should always be cooked on low flame. It tastes much better this way and there is less chance of it sticking to the bottom of the pan. Keep on stirring in between. After 30 minutes the kheer will be thick and rice grain would be very soft. Add sugar, cardamom powder, saffron and washed raisins to the mixture and give it another boil. After 5 minutes Switch off the flame. Let the kheer cool.

Remove the skin of soaked almonds. Garnish Rice Kheer with pistachio and almond slivers. You can use almonds without soaking also.