

HOMEMADE WITH FAIRTRADE

GULAB JAMUN

INGREDIENTS

- ★ 2 cups of Fairtrade white sugar
- ★ 1 glass of water
- ★ 4 whole cardamoms
- ★ 2 cups of self-raising flour
- ★ 1 spoonful of butter
- ★ 1 cup of milk powder
- ★ 1/4 teaspoon of powdered cardamom
- ★ Oil

PREPARATION

- ★ Prepare the syrup by boiling 2 cups of sugar with a glass of water and the whole cardamoms on low heat for 8-12 minutes
- ★ Once the sugar is completely dissolved and the water becomes thick, remove the syrup from the stove
- ★ Allow it to cool completely
- ★ In a large bowl combine the self-raising flour, milk powder, butter, powdered cardamom and mix well by gradually adding cold water to make soft dough
- ★ Take one small-sized ball at a time and with the help of your palms, roll into finger shapes
- ★ Heat oil in a frying pan and fry the gulab jamuns on medium heat until they turn to a golden brown colour
- ★ Allow to cool for about 5 minutes
- ★ Dip the gulab jamuns in the previously prepared syrup and turn them with a spoon for only 2 minutes and remove from the syrup
- ★ Place the gulab jamuns on a flat surface and decorate with sugar toppings
- ★ They are now ready to be served

