

**Indian sweets cooking class**  
**Lorna Sundberg International Centre**  
**University of Virginia**

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Indian sweets or Mithai, are a type of confectionery. Many are made with sugar, milk and condensed milk, and cooked by frying. Sweets form an important part of festivals across the nation and it's a tradition to exchange sweets at this time. While Indians are great lovers of food, their second love without a doubt, is the love for 'traditional Indian sweets' and Indian beverages like chai (tea) and lassi. Each region has its own specialties. Basically, various regional recipes are only different forms of rice puddings, milk puddings, vegetables & fruits dipped in sweet syrup. Besides, there are a variety of milk-based Barfis and pastries. These are decorated with raisins, almonds, pistachio and cashews. Most Indian sweets are made by boiling down milk to remove the moisture. Some very popular Indian sweets are :- Gajjar halwa, Kheer, Rasgulla, Gulabjamun, Rasmalai, Sandesh and Kulfi.



## Ingredients

For filling:

Coconut 1 Pkt

Jaggery 5-6 Blocks

Cardamon few

Dry fruits as per choice

For Dough

Refined Flour/Maida- ½ Lb

Salt 1 Tps

Sugar 1 Tps

Oil and Ghee

## Nevries / Karanje

### Method

In a pan melt jaggery, cardamon and add coconut cook for 2-3 mins. Add dry fruits which have been sauted in ghee. Knead flour roll and cut into a circle using cutter. Place a spoon of filling into the circle. Seal with water and shape the circle. Deep fry till golden brown. Eat at tea time.

## Spiced Indian Chai

Use tea of Indian origin which is not artificially flavored.

For 2 servings – 150 ml of water + 250 ml of 2% milk.

1-1 ½ tsp of black tea leaves (Taj tea / Lipton)

3 tsp of coarse sugar

¼ inch of ginger grated

3 pods of cardamon

¼ inch of cinnamon

2 cloves



Bring water and milk to boiling point. Add tea leaves and all other ingredients. Bring to boil and cook for additional 3-4 mins till tea turns to a nice red-brown color and you smell the spices. Serve hot.

# Gajjar ka Halwa



## Ingredients

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

## Method

- Wash and grate the carrots.
- Blanch and shred the nuts.
- Add the grated carrots.
- Add the milk. Cook on a low flame 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 the gajjar halwa from heat and arrange in a serving dish. Garnish with cashews and pistachios. Serve cold, hot or at room temperature.

# Kheer / Sevaiya



## Ingredients

Cut vermicelli	1/2 cup
2% milk	1 Litre
Melted butter (ghee)	4 tbsp.
Sugar	1 cup
Cardamom powder	1 tsp.
Almonds	4-6
Raisins	4-6
Pistachios	handful
Saffron	2 tsp

## Method

Take a pan, add ghee and fry cut vermicelli until golden brown. Add 2 cups of milk and let the vermicelli cook. Add remaining milk, and let it simmer on medium heat until the milk starts to condense. Add sugar and keep stirring on low heat. Add powdered cardamom. Fry the slit almonds, pistachios and raisins in a separate pan with ghee until golden brown. Add to the above, mix in saffron and stir well. Serve hot.

Most ingredients are available at any of the 2 Indian stores in Charlottesville. Dry fruits can be got from the Afghan store opposite Greyhound on West main street. Kroger for basics...

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