

## Gulab Jamun

Makes 12-15 dumplings

These little dumplings floating in sugar syrup imbued with rose water and cardamom are one of my favourite desserts in India. Originally from the north they are so popular they are now found throughout India.

### Ingredients:

#### Dumplings

1 cup milk powder  
½ c all purpose flour  
¼ tsp baking soda  
2 Tb butter, melted  
3-5 Tb water

#### Syrup

2 cups sugar  
1 cup water  
2 cardamom, split and seeds crushed  
1 T rose water

### Method:

Flaked almonds or pistachio to garnish Start with making the syrup: Put the sugar, water and cardamom in a pot and bring to a rapid simmer. It will need to cook for at least 15 minutes to reduce it to a syrup. It is ready when it has thickened slightly but remains clear in colour. Set aside and when cooled to warm, add the rose water and pour into a shallow dish.

Make the dumplings: Put milk powder, flour, baking soda and butter in a bowl and mix. Add the water, a bit at a time, and mix until a sticky dough forms. Mix it until one large ball forms. To make it easier to roll into balls, oil your fingertips and the surface of the dough ball. Pinch off small amounts and roll to a small (2-3cm diameter)), smooth ball before setting aside.

Cook the dumplings: Heat the oil in a small pot to a medium heat. Deep fry the dumplings in batches, moving them around as they cook to ensure an even colour. They are cooked when they are a dark golden colour and cooked through (about 3-4 minutes). Use a slotted spoon to remove them, drain and put them in the syrup dish. Allow to sit for 30 minutes to sack up the syrup then serve warm with flakes of almond or pistachios to garnish.

