

Gram flour laddoo

ingredients

½ cup clarified butter or ghee
2 cup besan/gram flour
(use coarse gram flour for a grainy texture)
1 cup sugar
4 cardamom pods



method

1. In a large pan, heat ½ cup ghee and add 2 cup gram flour. Roast on low flame until the gram flour is well combined with ghee.
2. Continue to roast on low flame. If the mixture turns dry, add a tablespoon of more ghee. After 20 minutes, the gram flour starts to release ghee.
3. Continue to roast until the gram flour turns golden brown and grainy. It takes approximately 30 minutes.
4. Transfer the mixture to a large bowl, allowing to cool slightly.
5. Take 1 cup sugar and 4 pods cardamom in a blender. Blend to a fine powder.
6. Once the gram flour is cooled (slightly warm), add in powdered sugar.
7. Mix well making sure everything is well combined. Do not add sugar if the mixture is hot, as it will melt the sugar and makes mixture watery.
8. Prepare a ball-sized laddoo adjusting sugar as required.
9. Enjoy! Gram flour laddoo will store for 2 weeks in an air-tight container.