

Gulab Jamun

Indian Syrup Sponge Cakes



Ingredients

Syrup

- 250g granulated sugar
- 500ml water
- 4 cardamom pods, cracked
- 2 drops of rose water (optional)

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- 100g powdered milk
- 25g plain flour
- 15g coarse semolina
- 1½ tbsp ghee / unsalted butter
- ¼ tsp baking powder
- 75ml milk, full fat
- Vegetable oil for frying
- Dessicated coconut, for topping

Method

- 01** To make the syrup heat the water in a pan and stir in the sugar. Crack in the cardamoms and bring it to the boil. Leave to simmer on the lowest for about 20 minutes. Remove from the heat and set to one side.
- 02** Meanwhile, place all the ingredients for the gulab jamun into a bowl and combine. This will get sticky but don't panic. Knead for about 3-4 minutes to make a dough. Cover and leave for 15 minutes.
- 03** Pre-heat the oil in a karahi or wok on a gentle heat until the oil is heated through. It is vital that the oil is not too hot or they will not cook through. The oil should be at about 250°C. You can test it by dropping in a little batter - if it rises to the top straight away it's ready.
- 04** Roll the dough into smooth little balls with your hands. They should be about 4cm in diameter and not have any cracks in them (you will probably get about 12-15 balls.)
- 05** Fry the balls (about five at a time) in the oil for 10-15 minutes very gently until they expand and turn a reddish brown colour all over. Ensure they brown gradually so they cook all the way through.
- 06** Once cooked remove the gulab jamun from the oil and set on some kitchen roll to drain.
- 07** Once they are ready place them in the syrup and watch them float.
- 08** They can be served hot or refrigerated and served cold. I like to sprinkle each one with a little coconut and serve with a little of the syrup or with ice cream.

Served with

These can be refrigerated but I like to serve them at room temperature with a sprinkling of coconut on top. They are also fantastic with a little scoop of vanilla ice cream too.



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