

GHEE RECIPES

Best way to cook Indian Basmati rice is by adding 1 measure of rice to 2 measure of water.

You can make plain basmati rice delicious by adding 2 tbsp. Taaza ghee, 1 tbsp. cumin, 1 tsp. salt or to taste and 2 cups of rice cooked with 4 cups of water. This rice can be enjoyed with any type of curry or rasam and sambars (soups).



Ghee Rice

This is the easiest way to add wonderful flavor to plain rice. The key ingredient in this dish is Ghee.

Ingredients:

- 2 cups of basmati rice
- 1 medium onion thinly sliced
- 4 cups of water
- ¼ cup of ghee
- 1 tsp. cumin seeds
- 1 tsp cloves
- 5 cardamoms

1 small stick of cinnamon
½ cup golden raisins
½ cup roasted cashews
Salt to taste

Preparation and cook time: 20 minutes

Makes: 4-6 servings

Method

- 1) Heat ghee in a saucepan over medium heat.
- 2) Add cumin seeds, cloves, cardamom, and cinnamon. When the spices starts to crackle, add onions and roast for a minute and add basmati rice and fry for a minute.
- 3) Pour 4 cups of water, raisins, and salt in to the pan and cook over low heat by covering the lid for 10 minutes. When all the water is evaporated, turn off the heat.
- 4) Garnish with roasted cashew and serve with hot pickle or spicy sauce.

Roasted Asparagus



Ingredients:

1 lb. fresh and tender asparagus
1 tbsp ghee

Salt to taste

Preparation and cook time: 5 minutes

Makes: 2- 4 servings

Method

- 1) Heat ghee in a pan or griddle over medium heat.
- 2) Place asparagus flat in the griddle and roast both sides by flipping each one
- 3) Sprinkle salt and turn off the heat.

Gajar Halwa

Carrot Pudding

This is a delicious sweet and can be eaten hot or cold. I like it warm as you can feel the carrot and *ghee* melt in your mouth.

Of all the Indian desserts, carrot *halwa* is probably most liked by many for the simple ingredients and wonderful taste.



Ingredients:

- 1/2 lb. grated carrot
- 1 cup sugar
- 1 cup milk
- 1/2 cup ghee

1 tsp. cardamom
2 tbsp. cut cashews
2 tbsp. raisins
2 tbsp. cut almonds
1/4 tsp. saffron

Preparation and cook time: 20 minutes

Makes: 4 servings

Method:

- 1) Heat 1/4 cup of ghee in a non-stick pan over medium heat and roast grated carrot for 3 minutes or until carrot cooks a bit.
- 2) Add milk to roasted carrot and cook for 5 minutes.
- 3) When carrot is soft, add sugar, ground cardamom, almond pieces and cook for 5 more minutes covered, and turn off the heat.
- 4) In a small pan, heat *ghee*; roast cashews until color turns golden. Turn off the heat; add raisins and roast for a minute and add to carrot *halwa* along with saffron.

Coconut Cookie/Burfi



Coconut *burfi* is a very popular sweet in the south. This is one of my favorite treats.

When you have fresh coconut, make this sweet and believe me, everyone will want the recipe.

Ingredients:

- 2 cups fresh grated coconut
- 1/2 cup ghee
- 1/2 cup water
- 1 cup sugar
- 1 tsp. ground cardamom

Preparation and cook time: 20 minutes

Makes: 12-15 pieces

Method:

- 1) Heat ghee in a non-stick pan over medium heat and roast coconut for 2 minutes.
- 2) Add water and sugar and cook for 5 minutes or until sugar melts and forms thick syrup.
- 3) Add roasted coconut to sugar syrup and stir constantly to avoid coconut sticking to the pan.
- 4) When all the water evaporates and sugar starts to crystallize, add ground cardamom; mix well and turn off the heat.
- 5) Grease a pie plate or any deep plate and pour the cooked coconut and press it down to make a flat sheet.
- 6) Carve any shape you like and let the *burfi* cool for at least 2 hours before removing from the plate.

Mysorepak

Lentil Cookie

Mysorepak as the name suggests is from the southern princely city of Mysore (Karnataka State).

It is a rich sweet with lots of ghee and sugar. It is like caramel brittle but softer.

It is difficult to make this sweet right, but when done right, it tastes amazing. It is generally made during festivals and weddings.

Ingredients:

- 1 cup *besan* flour (chickpea flour)
- 1 cup ghee
- 3/4 cup sugar

1 tsp. ground cardamom

1/2 cup water

Preparation and cook time: 20 minutes

Makes: 12-15 pieces

Method:

- 1) In a non-stick pan over medium heat, make syrup by boiling water and sugar boil for 5 minutes or until sugar dissolves completely. The syrup is done when you can pour it with a spoon and see a string of sugar.
- 2) Slowly add besan and 1/2 cup of ghee to the sugar syrup and start stirring over low heat.
- 3) When sugar and besan are combined and heated together, bubbles start to form and the liquid rises.
- 4) Pour remaining ghee and continuously stir for 2 minutes until besan is golden light brown and *ghee* separates from *besan*.
- 5) Sprinkle ground cardamom, turn off the heat and slowly pour this mixture into a medium (8"-10") deep tray.
- 6) Let the mixture cool for a minute, sprinkle some sugar and cut the *Mysorepak* into any shape you like.
- 7) Let the *Mysorepak* cool for 5 minutes before removing from the tray.

Tip: Do not cook over high heat, as this dish burns very easily, so watch very carefully when the mixture is cooking with ghee.

Besan Laddo

Chickpea Sweet Balls



Ingredients:

- 1 cups of besan flour (chickpea flour)
- 1 cup ghee
- 1 cup sugar
- 1/2 cup water
- 1/4 cup cut cashews
- 1/4 cup raisins

Preparation and cook time: 20 minutes

Makes: 12-15 pieces

Method:

- 1) Roast cashew pieces in a teaspoon of ghee over low heat. When they turn golden, turn off the heat, add raisins and roast for a minute and keep it aside to cool.
- 2) Roast *besan* in ghee in a non-stick pan over medium heat for 5 minutes or until *besan* turns to golden color and you smell sweet flavor of fried *besan*. Constantly stir the *besan* as it burns very quickly. Turn off the heat and let it cool.
- 3) In another pan over medium heat, make a syrup by boiling sugar and water for 5 minutes or until sugar dissolves completely. The syrup is done when you can pour it with a spoon and see a string of sugar.

- 4) Turn off the heat and add roasted *besan* to this syrup along with roast cashews, raisins and ground cardamom.
- 5) Mix *besan* and sugar syrup to form soft dough and let it cool for 5 minutes.
- 6) Make small balls while the dough is still warm and place these balls on a greased tray.
- 7) Cool for at least 4-5 hours before serving. The longer the *laddo* cools the stronger it becomes.