

besan laddoo

Equipment:

mortar & pestle, very large bowl, measuring cups & spoons, scales, electric frying pan, wooden stirrer, tray

Ingredients:

330gms UNSALTED butter
4 cups besan (chickpea) flour
1 tspn cardamom seeds
2 $\frac{2}{3}$ cups white sugar

method:

Make sure the mortar & pestle is very clean, otherwise the sweets will not be nice.

Pound the cardamom seeds unto a fine powder.

Turn the frying pan on to a low/medium heat.

Place the butter into the frying pan and melt.

Stir through the pounded cardamom.

When the butter has melted carefully stir in the besan flour. Stir constantly for 15 to 20 minutes. The besan flour needs to cook, and cook slowly, otherwise the balls taste horrible.

Have a tiny taste, to check.

Tip mixture into a large metal bowl and allow to cool a little. Then stir in the sugar.

When cool enough to handle, roll into small balls. Do this over the bowl as it is very messy. The mixture needs to be pressed together, then rolled, as it is crumbly. You may want to have a little water handy, as the mixture is very sticky. Place on tray to cool.