CONTENTS

I. The Romance of Bengal Sweets  __  1
II. The Confectionery of Bengal  __  7
III. Commercial Possibilities of Bengal Sweets  __  11
IV. Utensils  __  14
V. Ingredients  __  17
VI. Operations  __  23
VII. Milk and Its Products  __  33
VIII. Sugar and Syrup  __  48
IX. Recipes  __  52
X. Recipes—Loochoi, Etc.  __  55
XI. Recipes—Salt Articles  __  61
XII. Recipes—Mohunbhoj & Barhas  __  72
XIII. Recipes—Coconut Conserves  __  78
XIV. Recipes—Mithais  __  83
XV. Recipes—Pantoah, Etc.  __  113
XVI. Recipes—Rasagolla, Etc.  __  121
XVII. Recipes—Sandesh  __  131
XVIII. Recipes—Khoa & Milk Preparations  152
XIX. Recipes—Miscellaneous  __  162
XX. Preservation of Sweets  __  167
  Conclusion  __  169
  Glossary  __  170
  General Index  __  171