of Bengal. Such a repast is at once cheap, light and wholesome.

Be it noted in this place that as an article of diet coconut is nutritious and easily assimilable and as such it is administered even to consumptive patients.

CHANDRAPULI.

(Lit. Moon Cake).

Coconut 6
Khoa 8 oz.
Chhana 8 oz.
Sugar 1 lb.
Cardamom seeds
Camphor

Chandrapuli is an improved variety of Rashkara. Select fully ripe medium sized coconuts. Break them in twos just at the middle breadthwise. Let the inclosed water run away. Scrape out the kernel with the scraper. Grate the scrapings into a fine pulp on the stone slab with the stone muller. Take care not to waste the milk. Put the pulp on a piece of clean cloth, draw together the corners and squeeze the coconut milk. Store it aside for subsequent use.

Now pulverise the khoa and sift and bray the chhana. Mix these two ingredients into the squeezed coconut pulp and add the sugar in powder. Work the stuff intimately and cook
on very slow fire for 15 or 20 minutes stirring constantly with the spatula. Towards the middle of the operation pour the coconut milk reserved above on this mass. Take away when it loosens from the sides of the pan and forms a soft paste. Strew over pounded cardamom seeds and when cool perfume with a few grains of camphor. The paste is finally moulded into semi-circular fancy shapes showing floral designs with wooden moulds. (Illustration).

Instead of adding 1 lb. sugar in full, 12 oz. sugar and 4 oz. date jaggery (Nalin Gur) of the finest quality and flavour may be used. In that case slightly brown batch will result with a delicate aroma and pleasant taste. But the jaggery is available only in the winter season.

In the above recipe the milk ingredients khoa and chhana are added to impart to the sweet a creamy taste. Good results may, however, be obtained by using either of the two alone. For the matter of that chhana is often omitted and the proportions of khoa is suitably increased. Sometimes again they are added in lesser quantities than indicated.

<table>
<thead>
<tr>
<th>Tilkuta</th>
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</thead>
<tbody>
<tr>
<td>Coconut</td>
</tr>
<tr>
<td>Sesamum</td>
</tr>
<tr>
<td>Khoa</td>
</tr>
<tr>
<td>Sugar</td>
</tr>
</tbody>
</table>
The main ingredient of this confection is sesamum or gingelly (vern. "til"). It is also known as niger seed and *ram-til*. It is black oily seed which requires to be blanched for this purpose. This is effected by skinning the seeds as follows:

Soak the seeds overnight in water; in the morning when they are soft abrade or rasp them against a close knit wicker-work, or for that matter, on any rough-cut surface. The black husks will be excoriated and the white kernels will be exposed.

Such blanched sesamum seeds are also available in the market. Wash them in water and dry in the sun by spreading on a cloth. Then bake the seeds lightly in flat pan (*taoa*) on very slack fire. Pound the brittle seeds into powder—not too fine—in a mortar and pestle. Pounded sesamum seeds are sometimes sold in the market ready made.

Meanwhile scrape the coconut kernel and grate the scraping to a pulp. Mix together sesamum powder, coconut pulp and sugar. Cook to a rather stiff paste. Divide the paste into some 40 pellets; mould into circles with the hand.

Pulverised khoa is added (during cooking) to make the paste creamy.

B. S. 6.
ANANDA LAROO.

Safeda \hspace{1cm} 1 \text{ lb.}
Treacle \hspace{1cm} 1 \text{ lb.}
Coconut scrapings \hspace{1cm} 4 \text{ oz.}
Sesamum \hspace{1cm} 8 \text{ oz.}
Mustard oil \hspace{1cm} q.s.

The treacle should be quite thin. Take two coconuts and scrape its kernels. Blanch the sesamum by rasping over a close wicker-work when they will be decorticated.

Mix together all the ingredients and if the batter becomes stiff moisten with the milk of the coconuts. Fry in small fritters.

When cool bind them into round balls.

[Ref. p. 113]

To face p. 83]
CHAPTER XIV.

RECIPIES—Mithais.

CHHANAR MURKI.

Chhana 1 lb.
Sugar 8 oz.

Contrary to general rule the chhana in this case may be of the compact variety. Indeed the softer kind will not be suitable for the purpose.

First cut the lump of chhana into slices ½ inch thick. Then cut the slices into small cubes (½ inch), using a table knife for the purpose.

Now melt the sugar in a little water and heat in a pan. Throw the cubes of chhana in the boiling syrup and coddle for 15 to 20 minutes. Remove when the syrup has nearly dried and on cooling the cubes will be coated with sugar.

If properly done the outside of the cubes will appear slightly brown and the inside ought to taste sweet. These simple sweets are very dainty.

KATKATE.

Flour 2 lb.
Ghee 1½ lb.
Treacle 2 lb.
Measure the flour and rub in about 8 oz. ghee as shortening. Knead with sufficient water. For convenience divide the dough into 4 batches. Roll out each into about \( \frac{1}{2} \) inch circle. Cut the spread with a knife into small cubes like gaming dice (less than \( \frac{1}{4} \) inch square). Fry these cubes in ghee until of buff colour and heap upon a plate.

Meanwhile take the treacle in a pan and melt by heat. A little water may be added if the treacle be too solid. Let it simmer for 15 to 20 minutes to make it viscous. The treacle will be ready when it shows a tendency to dry upon the finger, i.e., when it snaps.

Now spread a quantity of the fried cubes and sprinkle over it a ladleful of treacle. Take a handful of these cubes, smear them well with treacle and mould into a ball within the fist. The pressure of the fingers against the palm will suffice for the purpose. To facilitate the moulding of the balls the palms may be greased with ghee (or oil) and as they are to be worked whilst hot the hands may be conveniently floured.

As the cubes will not hold together unless the treacle is hot it must be taken out by ladlefuls as required and when it cools down it may be warmed again. On drying the treacle serves as the binding agent and therefore the treacle must be prepared upto the suitable consistency.
Katkate is a jaw-breaker and its hardness is a test for the strength of the teeth. It is very much liked by the children.

**TAKTI.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flour</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Ghee</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Water</td>
<td>10 oz.</td>
</tr>
</tbody>
</table>

Measure the flour on a wooden platter and rub in 8 oz. ghee as shortening. Mix water and knead into a smooth dough. For convenience in working divide the dough into 4 batches. Roll out one to the thickness of \( \frac{1}{2} \) inch and prick with a fork for proper cooking. Cut the spread into about 2 inch square pieces. Gather the leavings round the contour and work it into the remainder of the dough.

Fry the tablets in ghee about 5 or 6 at a time. Often let them simmer on the ground. The frying is complete when they are of fawn colour. They must be short and flaky.

Meanwhile boil sugar and water until the syrup ropes when dropped from spoon.

Put the fried biscuits one by one in the syrup; smear each on all sides and lay out on a spacious plate to dry, so that it receives a thin coating of sugar on cooling like icing sugar on cakes.
PERAKI.

Flour 2 tb.
Ghee 1½ tb.
Sugar 5 tb.

For filling.

Coconut 4
Sugar 1 tb.

Cardamom major, Camphor.

Peraki is a kind of roll with tapering ends and containing suitable filling usually of Raskara (which see).

The stuffing should be prepared first. For this purpose break the coconut into halves, scoop out the kernel with the scraper. Mix with the sugar and cook for 10 or 15 minutes until the mass forms a firm paste not too moist. Take away, and work in seeds of cardamom major and a bit of camphor.

Now measure the flour and rub in the usual shortening. Knead into dough. Divide the dough into about 80 pellets. Roll them out into small circles. Lay on each, in the middle, a tablespoon of filling. Fold over to make semi-circles. The difficulty now lies in so closing (fluting) the edges together that the filling might not come out. This is effected by a sort of plaiting.

Take one, hold it gently on the left hand and start from the right hand end. Press to-
gather the edges between the tips of the thumb and the forefinger so that the particular point flattens out and distends like a lobe. Tuck it up and turn over. Then move the fingers to the next open point to the left, adjacent to the pressed point, and repeat as above. Go on with the plaiting until the left hand corner is reached. In this way the filling is completely secured and if done properly nothing can escape.

Fry the rolls carefully in the ghee so that the joint may not give way and let out the filling. In that case everything will be spoilt. They can be successfully plaited with a little practice.

When all are fried besmear them with thick syrup so as to give a coating of sugar like Takti.

Kanti.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Flour</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Ghee</td>
<td>1½ lb.</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 lb.</td>
</tr>
</tbody>
</table>

For filling.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Khoa</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Almond</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Pistachio</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Raisins</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Cardamom minor</td>
<td>8</td>
</tr>
</tbody>
</table>

Powder and sift the khoa. Work in bruised seeds of cardamom, stalked raisins.
shredded almonds and pistachios. Do it up neatly into a paste. The filling may be sweetened if desired by mixing powdered sugar crystals and scented with rose otto.

Measure the flour, rub in the shortening and knead into thin circles (¼ inch); and 2 inches across. Take one, spread on it a spoonful of the filling or a little more. Cover it up with another circle laid so that the upper one fits exactly on the lower one like a cap.

Now it is required to secure the two circles together, holding the filling inside. This is effected with a sort of plaiting like that of Peraki. Just start at a suitable point, press the edges together, between the tips of the thumb and the forefinger so as to distend a little like a lobe. Tuck it up and fold back. Go round the entire rim one way, say left handed, until you return to the starting point. Do with the others similarly.

Fry them in ghee and give a coating of sugar.

**MECHA.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flour</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Ghee</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Raskara</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Aniseed</td>
<td></td>
</tr>
<tr>
<td>Black pepper</td>
<td></td>
</tr>
<tr>
<td>Sesamum</td>
<td></td>
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</tbody>
</table>
Measure the flour and rub in the shortening, a little less than usual will suffice. Knead into dough and divide it into 6 or 8 batches. Roll out to 1/16 inch thickness and cut out any small shape haphazardly. Fry these tiny bits in ghee. They will be a little hard. When the whole of the dough is fried, grind the pieces into fine meal.

Now work into this meal pounded aniseed and pepper and baked sesameum. Mix in the Raskara (which see) and do it up into a stiff paste. Divide the paste into pieces the size and shape of hen’s eggs. Mould them thus by gently pressing with the hands, using a quantity of thin syrup as the only binding agent. These ‘paste-forms’ must not crumble down on cooling and must be handled carefully.

Finally, when dry and cool, lay them out on a plate. Pour on each a spoonful of thick syrup which will form a thin crust of sugar and coat.

Mecha is welcomed by those who like spiced sweets, in the nature of chocolate.

### **MAGADH LAROO.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Suji</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Ghee</td>
<td>14 oz.</td>
</tr>
<tr>
<td>Sugar</td>
<td>20 oz.</td>
</tr>
<tr>
<td>Cardamom major</td>
<td></td>
</tr>
<tr>
<td>Raisins</td>
<td></td>
</tr>
</tbody>
</table>
Take the ghee on a pan and melt it over a gentle fire. Throw in suji and stew it stirring constantly. The grains of Suji will swell considerably by absorbing the ghee, and assume a light fawn colour. Then it is properly cooked for the subsequent operation.

Pour out the fried suji on a plate and mix in the sugar intimately. Strew over cardamom seeds and handful of raisins and heap up the mass. Nothing now remains to be done save to make out balls from it, but the whole difficulty lies there. The ghee is generally taken in a little excess so that it oozes out from suji when poured on the plate. Now when sugar is mixed it dissolves in the surplus ghee gets sticky and serves as the only binding agent on drying.

To work satisfactorily take from the mixture of suji and sugar a little at a time; blend the two ingredients well and mould into round balls applying gentle pressure within the fist. The balls will retain their shape without crumbling if they are formed whilst the mass is warm.

**GAJA.**

There are two essential types of Gaja, viz., salt and sweet, with several modifications of the latter.

*Nun Gaja* (Salt).

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Flour</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Ghee</td>
<td>1 lb.</td>
</tr>
</tbody>
</table>
Salt
Soda Bicarb
Citrus lime

Measure the flour on a wooden platter, rub in 4 oz. ghee for shortening and the sour juice of the lime. Work in salt to taste and a pinch of soda. Knead into smooth dough with sufficient water. For the sake of convenience divide the mass into two batches. Roll out one into a circle ½ inch thick on greased pastry board with greased rolling pin. Prick the rolled paste with a fork to ensure proper cooking of the interior. With a bread-knife cut the spread into diamond biscuits or into any other shape. The irregular leavings round the contour may be gathered into a ball and the process repeated.

Fry the biscuits thoroughly in ghee on moderate fire until they are flaky and friable. Done properly they must crumble on the tongue without effort imparting a slight sour and salt taste.

This salt Gaja is also known as Nimki. (c.f. Nimki).

*Mitha Gaja (Sweet).*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Flour</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Ghee</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Sugar</td>
<td>6 oz.</td>
</tr>
<tr>
<td>Poppy seed</td>
<td>1 oz.</td>
</tr>
</tbody>
</table>

Measure the flour on the platter; rub in the usual shortening and work in the finely
powdered sugar. Strøw over poppy seeds and knead well with sufficient water. Divide the dough into about 2 dozen pellets. Mould each lengthwise between the palms and make a dent in the centre with the knuckle. Fry 8 or 10 at a time until short.

They will, of course, taste sweet.

**GAJA.—(Another method).**

Flour 2 lb.
Ghee 2 lb.
Sesamum 2 oz.
Black cumin seed $\frac{1}{2}$ oz.
Soda Bicarb 1 dr.
Sugar 1$\frac{1}{2}$ lb.

Pick the sesamum and cumin seed, strew them over the flour. Rub in about 10 oz. ghee as shortening, breaking the clots that form. Then blend the soda in a little water and work it into the mass. Now add requisite water (8 to 10 oz.) and knead well. The less the water used in kneading the more flaky will be the product. Roll out the dough 1 inch thick. Cut it into 1 inch cubes with the table knife. Fry the cubes in ghee until flaky and friable. Often let them simmer away from the fire on the ground.

Meanwhile prepare a rather thick syrup by boiling the sugar in water; dip into it the cubes one by one and store away on a plate.


JIBE GAJA.

Flour 1 lb.
Ghee 8 oz.
Sesamum ½ oz.
Soda Bicarb 1 dr.
Sugar 8 oz.

Measure the flour and strew over sesame. Rub in the shortening, a little less than usual, as the product need not be so friable. Work in the soda and knead well. Divide the dough into several pellets. Mould into rounds with the hands. Roll out each lengthwise like the tongue (whence the name) and as thin. Fry in ghee and smear in thick syrup.

PAIRA GAJA.

Flour 1 lb.
Ghee 1 lb.
Sugar 8 oz.

Cumin seed (Black).

Rub in 4 oz. ghee in the flour as shortening. Knead into a dough. Divide the dough into several pellets. Mould them round with the hands. Roll them out into thin circles about 2 inches across. Prick with a fork. Fry in ghee. Smear in syrup.

The above two varieties differ only in shape and size.

MINOR VARIETIES OF GAJA.

Other minor varieties of Gaja may be prepared as follows:—
Roll out a quantity of dough either thin or thick; cut the thick spread into tiny cubes and the thin one into any oblong shape at random. Fry them crisp and smear with sugar syrup or treacle.

Then there is the Gaja like the planings of carpenters.

**CHANAR GAJA.**

Chhana.
Sugar.

The chhana for this purpose should be very hard. Spread it in a pie dish (¼ in. high rim) and press it with an even plate. The mass will become compact. Cut into square tablets (1 inch) with a sharp knife. The sides of these carved pieces should be gently tapped on the platter. This is to bind the grains together so that they might not crumble away during boiling. Coddle the tablets in thick syrup and remove nearly dry.

**BALUSAHL.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Flour</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Ghee</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Syrup</td>
<td>q.s.</td>
</tr>
</tbody>
</table>

Shorten the flour with 4 oz. ghee. Rub fine to free from clots. Wet gradually and knead into a smooth little dough. About 6 oz. water will be required. Divide the dough into
about 2 doz. balls. Take one and roll it between the palms in the same direction. After a time marks of flakes will appear like those of a peeled orange exposing the cores with two apexes. For speedy work simple rolling of the balls over a greased dish might suffice.

Now melt the ghee in a deep pan and when smoking remove from fire. Take the balls one by one, make a dent in each with the knuckle and drop in the molten ghee. These should be fried very slowly and carefully. When the ghee ceases to simmer on the ground, put the pan again on fire but remove it as soon as the ghee begins to boil. Repeat in this way until they are properly cooked. The marks referred to before ought to come out prominently in nice folds.

Just removing the pan from the fire and before settling it on the ground give the pan a gentle rocking so that the sweets may have a good shaking without being stirred.

When the frying is complete lift them out with the skimmer and arrange on a tray. Smear them all over with thick syrup.

**Khaja.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Flour</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Safeda</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Ghee</td>
<td>2½ lb.</td>
</tr>
<tr>
<td>Sugar</td>
<td>q.s.</td>
</tr>
<tr>
<td>Mustard oil</td>
<td>1 oz.</td>
</tr>
</tbody>
</table>
Take best roller flour (khasa) and knead into a dough with water (without shortening). Rub in the safeda an equal measure of ghee for shortening, breaking the clots that form. Sprinkle water and beat the mixture on a platter until milk white. Gather it into a cup and reserve.

Now roll out the dough (or half of it) on the Pata (long pastry board) very thin and elongated, taking care that no portion tears away. Then spread over it the batter of safeda and ghee prepared above. It must be laid on uniformly covering the whole area. Next roll off the layer from one end to the other. It will look like a scroll of paper.

Now oil the hands and taking hold of the scroll gently pull outwards so as to lengthen it. It may be drawn out to double its length but take care that it does not break. Cut this elongated scroll into several pieces (8 or 10); the number depending on the size of the product. There is, however, a trick in carrying which must be carefully learnt.

Start from the left end. Close it up by pinching together the eaves of the scroll. Make an incision about one inch off. Remove the piece, smooth the cut surface with oil and place it on a tray,—closed end down and cut end up. For the second time close up the left end (cut and exposed) of the remainder of the scroll by pinching together, the eaves and make
an incision one inch off. Remove the second piece, oil the cut surface and store away as before. Proceed in this way closing the left ends and smoothing the right ends of the cut pieces. The order will be reversed in the last piece. Its right end (the right end of the whole scroll) will have to be closed and the left end oiled. Store away all the pieces closed and down and oiled ends up. The importance of this point will be apparent from what is described below.

Take a cut piece on the greased pastry board, closed end down and oiled end up. Gently roll it out with the rolling pin pressing on the smoothed end. The circle will be not more than 1½ to 2 inches. Put it gently on molten ghee on a pan—closed side down and oiled side up. This is very important, otherwise everything will be spoilt. It will at first sink to the bottom but subsequently float on the surface. As it comes up gently strike it with the skimmer. The flakes will open out beautifully in concentric rings. Fry carefully until crisp but never tilt it, nor turn over.

Repeat with the other pieces which must be fried one by one. All cannot be managed at once.

If desired the fried pieces may be placed upside down on a colander, out in the sun, when any excess of ghee that may be confined in the flakes will ooze out and may be recovered.

B. S. 7.
When all the pieces are fried they are submerged in thin syrup for a time, subsequently lifted out and drained.

*Khaja* is perhaps the most difficult of all the sweets to prepare and as such requires great skill and dexterity. Because of the intricacies and pains involved, it is not ordinarily prepared even by the confectioners, far less at home.

The finest *Khaja*, delicate like cobweb, is made at Maldah in North Bengal.

**GHEOR.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Flour</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Ghee</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Sugar</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Water</td>
<td>1 lb.</td>
</tr>
</tbody>
</table>

Shorten the flour with 2 oz. ghee. Wet with water and whisk for half an hour. The batter should be thinner than that of *Jilapi*, (which see) and should flow limpid from the mouth of a small pitcher.

Now procure an X-shaped tom tom of wicker-work. Melt the ghee in the frying pan and dip the tom tom into it. The surface of the ghee should come up to the brim of the tom tom.

Then take a small pitcher with narrow neck and fill it with a quantity of the founda-
tion batter. Clean its sides from the trickling liquid and hold it about 1 ½ ft. above the pan. Now carefully pour the batter in a fine stream inside the tom tom. The finer the stream the better will be the product. Stop when the upper half of the tom tom is filled.

Now bring out the stuff by turning over the tom tom, of course inside the pan and replace it. Proceed again to fill the emptied tom tom by repeating the above operation. Make about half a dozen Gheors at a time and fry them until crisp. Finally immerse them one by one in syrup.

MUNGER LAROO.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mung meal</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Ghee</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 lb.</td>
</tr>
</tbody>
</table>

Cook the meal in ghee thoroughly until the odour of the pulse is completely masked. Prepare medium syrup by boiling sugar in water. Sprinkle the syrup on the fried meal; work a quantity of both at a time. Mix well and mould into round balls between the palms while still hot.

A rather coarse meal of the Mung pulse is sold in the market which may be worked with conveniently for this sweet. But when this is not available whole husked grains could be fried in ghee and ground to coarse meal.
There will be an improvement on the taste of the *Laroos* prepared in the latter way.

**MUNGER BARFI.**

Mung meal 2 lb.
Ghee 8 oz.
Sugar 1½ lb.

Proceed as above. Make the syrup rather thicker. Mix together meal and syrup thoroughly. Pour the batch on a pie dish. Allow to set. It will solidify on cooling. Cut into diamond shapes.

*Mung* is said to strengthen the eyes.

**SON PAPRI.**

Besan (Mung) 1¼ lb.
Flour 1¼ lb.
Ghee 2¼ lb.
Sugar 5 lb.

Mix together Besan and flour and incorporate ghee. Then cook the whole mass in gentle heat, simmering for about half an hour. Take down when the mass becomes compact.

Simultaneously prepare sugar syrup of the third degree. Now throw the foundation paste (made above) little by little into the syrup and stir thoroughly. The whole mass is then subjected to "batching" for about half an hour or so. What is known as batching process in confectionery is briefly described here.
A peg is inserted in the wall just outside one’s reach. The mass is hung up and drawn by the ends, one in each hand. When elongated the mass is folded up on the peg and drawn again. The operation is repeated several times. This is called batching. By this process the whole mass becomes finely spun and crisp. On a small scale batching may be effected by pulling the mass by two persons over and over again. No doubt this is a tedious task but on successful batching depends the crispness of the final product.

When ready place the paste on a wooden platter previously buttered, compress it as far as practicable and spread out about one inch thick. Carve into pieces about 1 ½ ins. square. Strew almonds, pistachio, etc.

Son Papri is in the nature of a high class biscuit and is highly prized for its crispness.

JILAPI.

(Hindi—Jilobi).

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>Sugar</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Ghee</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Safeda</td>
<td>1 to 1 ½ oz.</td>
</tr>
<tr>
<td>Water</td>
<td>4 to 6 oz.</td>
</tr>
</tbody>
</table>

Procure a new earthenware pot known as handi. An enamel or aluminium vessel with narrow mouth and neck may serve the purpose.
Blend the flour in a little hot water neither too clotty nor too thin. It must not drop from the hand. Put the batter in the pot, cover up the mouth, wrap it up with a piece of gunny and store away in a warm place for 12 to 14 hours. By that time the flour will be fermented. The mass will smell sour and swell up.

The quality of the product will depend upon the state of fermentation of the batter. The greater the pores, the better the fermentation. To ascertain whether it is in a proper state, dip the finger tips and draw away. If it ropes without break it has fermented well. Otherwise it has to be set aside for 1 to 1½ hours more.

Now take out the fermented batter in an enamel bowl and mix into it the _safeda_. If the batter has fermented strongly, and the greater quantity of _safeda_ and if it has fermented weakly add the smaller quantity. In the latter case the products (which are tubular) will be short and hollow. In the former case the defects have to be rectified by the addition of the higher proportion of _safeda_. If the tubes get flattened (and leathery) instead of being round (and crisp) it is to be understood that the batter has not been upto the proper state of fermentation.

Now take 180 grs. each of ghee and _safeda_. Mix the two and beat the mixture
with sprinkling of water. When it looks like white cream mix it into the foundation batter prepared above; whisk thoroughly and the stuff is ready for frying.

A special appliance will be necessary for the subsequent operation. Procure a cup with a perfectly round hole (to admit of a pencil) at the centre of the bottom. The hole may be smaller if desired. The confectioners employ the upper half of a dried coconut shell with one of the eyes pierced through.

Put the flat pan (tai) on the fire and melt the ghee; the ghee should come up to \( \frac{1}{2} \) inch otherwise the products will not be fried properly and the tubes will not be thick.

Hold the above holed cup over the pan about a cubit high and put into it a quantity of the foundation batter. It will fall through the hole in a thick thread which may be so manipulated as to form a maze or labyrinth in the pan on falling. The figure thus laid out usually consists of a pair of rings or bangles one within the other with a crossing diameter. These rings ought to be hollow, crisp and tubular. The girth of the ring will be thinner or thicker according as the cup is held higher or lower. A set of 6 or 8 such figures may be arranged on the pan at a time. They are to be handled only with a stick.
Meanwhile have the stock syrup ready. It should be thin and warm. As soon as the jilapis are fried, transfer them to the syrup and hold them immersed for a time.

If the syrup be not warm it will not soak into the jilapis; therefore it must be warmed for receiving them. About 50 jilapis will be made with this syrup.

**AMRITA JILAPI.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flour</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Sugar</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Ghee</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Safeda</td>
<td>1½ oz.</td>
</tr>
<tr>
<td>Kalai Pulse</td>
<td>2 oz.</td>
</tr>
</tbody>
</table>

Proceed exactly as above to obtain a suitable batter from flour and safeda.

Soak the kalai pulse in water for 6 or 8 hours. Skin, wash and grate into a very fine pulp.

Mix the batter and pulp together to obtain the foundation batter for this purpose. It will be rather stiff.

Now procure a square piece of thick cloth like a handkerchief. Make a tiny hole with a knitting needle at the centre and hem in all round like a button hole. Otherwise it will grow bigger with pressure.

Put the flat pan on the fire and scald the ghee. Take a ladleful of the foundation batter on the cloth, collect the four corners and hold
together. Squeeze out by gentle pressure and with the thread of batter that comes through draw figures on the surface of the ghee. The usual figure is a 'bangle', 3 inches in diameter with rings attached outside its rim. The 'bangle' may be made a little thicker or a little thinner in girth by applying the pressure more or less.

Steep them in stock syrup as soon as fried; but lift out when soaked.

CHEHANAR JILAPI.

Make the foundation paste exactly as in the case of Pantoah (which see). But instead of forming them egg-shaped, make them look like Jilapi. Finish like Pantoah.

BONDE.

(Hindi—Bundia).

Matar meal • 4 oz.
Sugar . . . . 8 oz.
Safeda 1 oz.
Ghee q.s.

Take fresh meal of matar pulse and knead it into a dough with a little water. Whisk the dough with sprinkling of water for about a quarter of an hour when a rather stiff batter will be obtained. In all about 4 oz. water will be required. The crispness of the product will be increased by using as little water as possible in whisking.
To test whether the batter is sufficiently whisked or not, take a drop of it with the forefinger and place it on water. If it sinks the batter is to be whipped longer. It ought to float, three-fourths of it.

Then mix into it thoroughly the safeda. The batter may be coloured with saffron.

To ascertain whether the batter is of the desired consistency or not, place a quantity on the skimmer (Jhanjra) held horizontally. If it does not come out through the pores, thin it down with more water. If it comes through but not too quickly it is ready for frying.

Now melt the ghee in a frying pan and hold the skimmer flat over it, about 8 to 10 inches high. Pour a cupful of the batter on it. It will come through the pores in small fritters and fall on the ghee and be fried. The size of the pores of the skimmer ought to be such that the fritters are a little larger than peas.

The fritters should be perfectly roundish in shape. Several factors determine this. The skimmer should be held still and must not be raised or lowered. Otherwise the fritters will be deformed and of unequal sizes.

If in spite of these precautions the fritters are not perfectly round, there is some defect in the foundation batter. The first few drops that fall on the ghee and get fried should be taken out and examined. If they are elongated
mix into the batter 2 or 3 tolas more of safeda. The fritters will then be round.

To test whether the fritters are properly fried or not, take out one or two and press between the fingers. If it flattens it is yet raw, cook more. If it cracks it is ready for immersion in stock syrup. Half cooked fritters cannot easily soak; moreover, they will be soon musty.

The syrup should be prepared beforehand but should be warm while receiving the fritters which should be skimmed out of the pan and transferred direct to the vessel containing the stock. The whole quantity of the foundation batter may be fried in as many batches as can be managed.

When the whole stuff is fried and soaked in syrup, the fritters in the stock-vessel should be stirred. If sugar grains appear on the fritters the vessel should be placed on the fire for 5 minutes.

For use the Bundias are to be strained out; dredged with camphor and pepper dust. They are served also with Dahi or simply.

An inferior quality of Bundia, larger in size, may be prepared with chiefly Kalai pulse mixed with a little matar meal.

**MIHIDANA.**

*(Lit. Pilules).*

Matar Meal 4 oz.
Kalai pulse 1 to 1½ oz.
Sugar 8 oz.
Safeda 1 oz.
Ghee q.s.

Proceed exactly as in the case of Burdia to make a batter of matar meal. Grate down the soaked and husked kalai pulse into fine paste. Make the batter obtained above rather stiff by incorporating the paste. With the addition of the kalai pulse the fritters will be tender, crisp and puffed.

In this case a skimmer with the pores will be required. Put a cupful of the foundation batter on it and gently strike the handle on the edge of the pan. Globules of the batter will rain through the pores on the molten ghee and be fried into tiny fritters. Strain and transfer to stock syrup. When the whole quantity of fritters is soaked, strain out on a platter and bind into round balls with hands.

NIKHUTI.
(Lit. Faultless).

Exactly similar to above; only the fritters are still smaller—like mustard seeds.

MATICHUR.
(Lit. Pearl Powder).

Similar to Mhidana; but the proportion of kalai pulse is greater than that of matar;
or the two pulses are in equal proportions. Also a little more *safeda* will be required than usual. The fritters are also a little larger, wherefore it is also known as *motadana*.

**DARBESH.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gram meal</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Safeda</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Saffron</td>
<td>100 grs</td>
</tr>
<tr>
<td>Ghee</td>
<td>q.s.</td>
</tr>
<tr>
<td>Sugar</td>
<td>4 lb.</td>
</tr>
<tr>
<td>Khoa</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Almonds</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Pistachio</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Raisins</td>
<td>8 oz.</td>
</tr>
</tbody>
</table>

Proceed as in the case of *Bonde* and prepare a batter of gram meal coloured with saffron.

In this case the pores of the skimmer should be smaller than pills but larger than globules.

Allow the fritters to soak in the stock syrup for a couple of hours. Then strain out on to a platter. Pulverise and sift, the *khoa* and mix into the fritters. Strew finely, chopped almonds, pistachios, raisins and cardamom major seeds. Form into balls with the hands.

For spectacular effect a small portion of the foundation batter may be coloured red and mixed with the whole mass. A few red fritters
will then become prominent in the otherwise yellow balls.

NOTE.

It will be apparent that Bonde, Mihidana, Matichur and Darbesh are similar in preparation, the difference consisting in the raw materials and in the size.

The relative advantages and disadvantages of the basic ingredients are discussed here briefly.

Articles of matar meal consume less ghee than those of gram meal. The former keep for long (2 or 3 days) while the latter are spoilt in a day.

Articles solely of kalai smack of raw pulse. It is masked by the addition of matar meal.

In any case, however, the meal is first kneaded into a soft dough which is gradually thinned down and whisked with the addition of water little by little. The foundation batter prepared in this way will yield excellent results.

SITABHOG.

(Said to have originated with Sita, the consort of Rama, of the great Epic Ramayana at least 6,000 years ago).
Chhana  12 oz.
Flour    16 oz.
Ghee     12 oz.
Sugar    q.s.

Bray the chhana to a fine paste. Shorten the flour with 1 oz. ghee. Mix the two together thoroughly. In this case the chhana need not be pressed as a little water is required to make a soft mixture with flour. Beat the foundation paste until very light. Apply the usual test.

Now hold the skimmer by the left hand close to the porous disc and 6 to 8 ins. above the frying pan. In the right hand take a handful of the foundation batter and press it on the skimmer. It will be forced through the pores like worms which will be thrown on the molten ghee. These fritters will look like vermicelli.

Unlike other things of similar nature, these are required to be fried only lightly, avoiding singeing. If they are fried deep brown they will become hard and syrup will not soak into them. Fry them slightly in ghee and drain in colander or wicker-work basket.

Have ready thin stock syrup from before in a pan and immerse into it the fried fritters. When the whole mass has been thus fried and immersed in stock syrup, put the pan of syrup on fire and allow it to simmer for 15 to 20 mins. For proper cooking it will bubble twice.
When the fritters are soft like cooked rice (and as white) strain them on to a platter. Finally bind them into rounds.

**Paltu.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chhana</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Flour</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Ghee</td>
<td>q.s.</td>
</tr>
<tr>
<td>Syrup</td>
<td>q.s.</td>
</tr>
</tbody>
</table>

Proceed exactly as above but select a skimmer with finer pores, to that the fritters will be thinner, shorter and lighter.

Do not form the soaked fritters into balls, but keep the mass loose and add rose water to scent.

*Paltu* is thus the scattered form of *Sita-bhog*, the difference consisting in size and quality. Often the flour in the above recipes is substituted by *safeda* when products of inferior quality will be obtained.
CHAPTER XV.

RECIPE — Pantoah, Etc.

PANTOAH.

Chhana  
Flour  
Ghee  
Sugar  
Soda Bicarb

1
2
12
2
\frac{1}{4}

oz.

ib.

oz.

ib.

dr.

Compress the chhana and bray it to a pulp. To make the pulp light enough for the purpose the chhana may be brayed twice or thrice. The usual test is to place a drop of the pulp on a cup of water when it must float. Otherwise the braying is to be repeated. On a separate plate rub \(\frac{1}{2}\) oz. ghee as shortening in the flour. Work in the soda dissolved in a little water. Mix a little syrup of sugar. This will ensure characteristic chocolate colour in the final produce. Strew cardamom seeds.

Now incorporate this flour batch into the pulp of chhana and knead into a paste. Do it up neatly. Divide the foundation paste into about 2 doz. pellets and form into ovals with the hands. Fry them in deep ghee until brown. The heat should be moderate at the beginning B. S. 8.
and the end but may be strong at the middle of the operation. While on the pan rock them round with the skimmer; this will ensure proper cooking. Lift them out and transfer to the stock syrup.

The stock syrup should be prepared beforehand. But it should be warm when receiving the Pantoahs. If it has become cold, it should be warmed for the purpose. Otherwise the syrup will not soak into the sweets. When all the Pantoahs have been fried and transferred to the stock syrup, put the pan (of the syrup) on the fire; allow to simmer gently and then remove.

In this way the Pantoahs become extremely spongy and soppy.

**PANTOAH.**

(Another Recipe).

A more creamy variety though not so spongy may be prepared according to the following recipe:—

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chhana</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Khoa</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Flour</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Soda Bicarb</td>
<td>½ dr.</td>
</tr>
<tr>
<td>Ghee</td>
<td>q.s.</td>
</tr>
<tr>
<td>Syrup</td>
<td>q.s.</td>
</tr>
</tbody>
</table>

The mode of preparation is similar to the above.
LANGCHA.

The preparation of Langcha is similar to that of Pantoah but the ingredients are not so choice; particularly the shape is elongated and tapering at both ends.

DELHI DURBAR.

This is similar in substance to Pantoah. The difference lies in shape. It is a tablet piece 1½ inches square and ½ inch thick, dredged in granulated sugar.

LADY CANNING.

Chhana 2 lb.
Khoa 8 oz.
Rice flour 4 oz.
Ghee q.s.
Syrup q.s.

First grate the chhana on a platter and pulverise the khoa. Mix together and work in rice flour. Divide the paste into some 5 dozen balls.

Now have some “cardamom candies” for filling. (These are pea-sized candies sold in the market, each inclosing a cardamom seed. For that matter any other sugar candy prepared at home will do). (Cf. Kamlas Rasagolla). Perfume these with a drop or two of any otto, preferably rose. Put one at the centre of each of the balls of chhana and shape it round. The purpose is to create a hollow in the middle
of each sweet which will be filled up with scented syrup obtained through the melting of the sugar candy by heat.

Carefully fry these balls in deep ghee until brown like Pantoah. Transfer to the stock syrup.

Instead of using simply sugar candies as filling, minced almonds, pistachios and raisins may be easily put in either singly or in a composite form. Even whole grapes may be contrived to be inclosed in these luscious sweets.

This is said to be of comparatively recent origin being named after Lady Canning, wife of the Governor-General of India to whose memory stands Port Canning.

GOLAP JAM.

(Hindi—Gulab Jamun).

(Lit. Rose Apple).

Khoa 1 lb.
Arrowroot 2 oz.
Ghee q.s.
Sugar 2 lb.

Rub in half a spoonful of ghee as shortening in the arrowroot. Pulverise and sift the khoa. Blend the arrowroot in the khoa thoroughly. Knead into a stiff paste with only a sprinkling of water. Perfume the paste with a few drops of rose otto.
Divide the paste into some 50 small pellets of the size of a playing marble. Shape them round with the hand. Fry them in deep ghee until brown. Transfer with the skimmer to the stock syrup.

Take them out when soppy and dredge in granulated sugar. Soaked in syrup they may be passed off as miniature ‘Lady Canning’.

It may be noted here that the arrowroot is added as a binding material. If flour is used instead a little shortening of ghee will help to mask it.

If the foundation paste is not properly worked the balls will loosen and crumble away in the pan thus spoiling the whole thing. In that case a little more arrowroot may be added. The proportion of the binding material and the consistency of the paste may be judiciously ascertained with a little experience. In this connection the toughness of khoa is a factor to be taken into consideration.

Being of delicate composition the balls must be fried uniformly throughout the body, avoiding the formation of charred crusts on the surface.

MALPOA.

There are several varieties of these pan cakes, some plain and some creamy.
(1) \textit{Flour}.

\begin{tabular}{ll}
Flour & 1 lb. \\
Treacle & 12 oz. \\
Mustard oil & 8 oz. \\
\end{tabular}

Wet the flour, whisk and thin down with water. Mix into it the treacle and make into a smooth consistent batter that will run easily and limpid from the ladle. The treacle may be replaced by syrup, which has served its purpose in soaking other sweets. In that case a proportionately less quantity of water will be required.

Melt a spoonful of ghee on the curved pan (\textit{taoa}) and pour on it a ladleful of the batter. It will spread and form a thick circle (3 inches across). When the ghee is absorbed and the underside fried, pass the spatula round its edges, tear it away smoothly and turn over.

In sauteing these pan cakes the flat pan should be at first thoroughly greased above the surface otherwise the products will get stuck to it.

In America automatic pan cake machines help to save the labour of housewife. By this contrivance, the batter is forced out even at an interval of 10 seconds. When the cake has gone half-way around it is flapped over; when completely cooked it is flipped off.

(2) \textit{Suji}.

\begin{tabular}{ll}
Suji & 1 lb
\end{tabular}
Sugar 1 tb.
Ghee 8 oz.
Water 2 tb.

Rub 1 oz. ghee in the suji for shortening. Soak in a little water and leave aside for 3 to 4 hours. Then thin down with more water. Whisk to a stiff batter. Then proceed as above.

(3) Chhana.

Suji 1 tb.
Chhana 1 tb.
Khoa 8 oz.
Ghee q.s.
Stock Syrup

Rub in 1 oz. ghee in the suji, thin it with water and leave for two hours. Mash the chhana and mix with above. Soak the khoa in water for 5 to 10 minutes, then take it out and mix thoroughly with the mixture. Strew a few cardamom seeds. Put the flat pan on the fire and melt ghee in it upto half an inch.

Whisk the drop batter made up as above and take a quantity of it in a large table spoon. Pour the same in a gentle stream on the molten ghee. The mass will spread out in a thin flat circle. Repeat the operation and fill up the surface of the pan; at least 6 to 8 of these cakes can be safely managed at a time. When the sides in contact with the ghee have been fried, gently turn them over one by one with the help
of a pair of wooden sticks. Transfer them to stock syrup when properly fried.

(4) *Kheer.*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Khoa</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Suji</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 oz.</td>
</tr>
</tbody>
</table>

Make a drop batter by mixing together all the ingredients and thin it down with water. Fry as before. No stock syrup is necessary.
CHAPTER XVI.

RECIPES—Rasagolla, Etc.

(Lit. Juicy Balls).

*Rasagolla* is by far the most popular of all sweets and the most desirable too, if rightly prepared. It is the necessary concomitant of *sandesh*.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chhana</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Suji</td>
<td>(\frac{1}{2}) oz.</td>
</tr>
<tr>
<td>Sugar</td>
<td>5 lb.</td>
</tr>
<tr>
<td>Water</td>
<td>1(\frac{1}{2}) lb.</td>
</tr>
<tr>
<td>Stock syrup (thick)</td>
<td></td>
</tr>
</tbody>
</table>

Mix the *chhana* and the *suji* and thoroughly grate the whole on a platter. Divide the paste into about a dozen pellets and roll them under hand into round balls. The *suji* is intended as a binding agent but nevertheless it detracts from the quality of the products. (Compare *Sponge Rasagolla*). For preparing *Rasagollas* successfully the heat of the oven should be strong.

Now dissolve the sugar in the water and boil the solution in a deep pan. When the syrup has become sticky enough to spin a