thread, gently drop the above balls one by one into it. Continue boiling for 20 minutes or so, until they are thoroughly cooked. As it is essential that the syrup should maintain a standard consistency throughout this period, it is enjoined to add some water from time to time whenever the syrup gets too thick. But at the same time care must be taken not to make it too thin either. This is just to make up the loss of water through evaporation. The operation is brought to a close by sprinkling a little water on the boiling surface 3 or 4 times at intervals of a minute, care being taken that the drops of water may not fall on the balls. It is complete within five minutes, when the balls become invisible through a heaving froth.

Now have the stock syrup ready beforehand. Lift out the balls with a skimmer and throw into it. It should be thicker than the syrup the balls are cooked in. Moreover, it should be hot, for if the balls are transferred from boiling syrup to cold syrup they will shrink at once and become disfigured. For better effect the balls are made to traverse a series of syrup reservoirs of gradually decreasing temperatures.

There is a simple test to determine whether the Rasagolla has been properly cooked or not. Pick out a ball at random while still boiling and immerse it in a quantity of cold stock
syrup. If it collapses and is deformed it still requires to be cooked; on the other hand, if it retains its round shape perfectly it has been properly cooked and the whole lot may be transferred.

Rasagolla may also be prepared by the process described under Rasamundi (which see) with this difference that while the latter is finally dredged in granulated sugar the former is soaked in syrup up to the last.

One bite of these sops must suffice to let out a mouthful of juice.

SPONGE RASAGOLLA.

This variety of the Rasagolla is so named because it is porous and absorbent like a sponge. It possesses several distinctive features. In the first place suji is absolutely dispensed with. As a result it is more creamy to the taste but at the same time more difficult to prepare.

For preparing Sponge Rasagolla it is necessary that the chhana should be made freshly at home from pure milk and worked while still hot. The milk may be curdled on the ground to yield soft chhana which ensures better results. The remainder of the operation for ordinary Rasagolla should be pursued without stop or delay. The heat of the oven should be exceptionally strong and the syrup should be boiling vigorously. Otherwise the balls will crumble away.
RASKADAM AND KHEERKADAM.

Two dainties of a twin nature have gained considerable popularity in recent times. These are known as Raskadam and Kheerkadam resembling as they do “Kadamba” the well known ball-shaped saffron-white flower of the rainy season.

(1) Raskadam.—The mode of preparation is similar to that of Danadar. Those resemble dried Rasagollas from which excess syrup has been drained off. They are invariably coloured red and scented with vanilla essence. Finally they are besmeared thoroughly with powdered Khoa.

(2) Kheerkadam.—Prepare Rasagollah in the usual manner but cook them a bit hard. Strain them by arranging on a slanting tray to drain off excess syrup. Now prepare a soft pasty mass of khoa by cooking in a dry pan with one-fourth sugar and powdered spices for scent and flavour (cardamom jaiphal and dalchini). Prepare a number of small cup-shaped coverings from this mass and put the above dried Rasagollas inside them as pellets and cover up all round as in Khasta Kachuri. Finally, roll them on Khoa powder. Kheerkadam looks white as distinguished from Raskadam.

KAMLA RASAGOLLA.

Kamla is a variety of Rasagolla with nice lemon-scented filling.
Its preparation is similar to that of the Rasagolla. For filling make some sugar-candies as follows. Take a few dried orange peels and a quantity of sugar. Grind the two together, mix thoroughly and cook for a few minutes, until the mass candies. Make some pills out of this and perfume them with Lemon Essence. Fill each of the balls of chhana with pill before cooking them. While boiling, the pills will melt and fill up the centres with scented juice. (See Lady Canning).

KHEERMOHON.

Begin exactly as in the case of Rasagolla and form balls of chhana. For stuffing pulverise some khoa and mix up with; it almonds, pistachio and raisins either whole or minced. Divide the mass into pellets. Stuff the balls of chhana with these and form by flattening between the palms.

Cook and finish like Rasagolla.

RAJBHOG.

(Lit. A Royal Dish).

This is a stuffed Rasagolla, double the ordinary size. The stuffing is made up by mixing together khoa pulverised, almond and pistachio brayed to a paste and bruised cinnamon, mace, nutmeg, etc.
NAWABBHOG.

(Lit. Worthy of a Nawab).

This is bigger than the Rajbhog—like an orange. It is stuffed with 4 different fillings made up with different scents and flavours inserted in four different quarters of the balls of chhana.

RASOMALAI.

This, as its name indicates, is a combination of Rasagolla and Malaikheer.

Prepare some Rasagolla in the usual manner (which see). On the other hand have ready a quantity of kheer—milk boiled with sugar and kept thin.

Now soak the Rasagollas while still hot in the said kheer and drench them.

Served cool—with ice or stored in a refrigerator.

RASAMUNDI.

(Lit. Juicy Pills).

Chhana 1 lb.
Suji 1 oz. or ½ oz.
Sugar 2½ lb.

The chhana should be compressed as usual. Beat the chhana on a platter to a smooth uniform paste. Blend in the suji. Give one or two final kneadings and do up neatly. Divide the paste into small pellets the size of
marbles, nearly 100 in number. Form them round by rolling between the palms.

Meanwhile make the syrup with the sugar in a deep pan. When it is boiling thin, drop in the pellets. Boil for about 10 minutes. At this stage take out a pellet with the ladle and pour a little water on it. If the pellet sinks, it is not yet ready. Then boil for some time more. Again repeat the test. If the pellet does not sink, nor shrink, it is ready. Then take a ladleful of water and pour in a fine thread on the surface of the boiling syrup. This should be done in such a way that the bubbling does not cease. When the liquid boils up again after this, remove the pan. After a while lift them out with the skimmer and drain in colander and transfer into a wooden platter scattered over with granulated sugar or castor sugar. Rock the platter gently so that the pellets may be dredged with sugar thoroughly.

**RASAMUNDI (Another Recipe).**

A better quality of *Rasamundi* may be made by working the following recipe:—

Chhana  
Khoa  
Suji  
Ghee  

1 lb.  
5 oz.  
2 oz.  
½ oz.

In this case ghee is rubbed in the *suji* as shortening. Otherwise the product will be tough.
CHAM CHAM.

It is prepared like Rasamundi from which it differs in shape only being elongated tapering rolls—like cigars and cheroots.

KALO-JAM.

(Lit. Blackberry).

Chhana 1 fb.
Flour 3 oz.
Sugar
Ghee
Soda Bicarb

Work the soda into the flour. Grate the chhana and mix with the flour. Knead the paste and divide into 1 dozen pellets of the size of pigeon's egg. Now dissolve edible black colour in water. Take a little on the palm, smear a pellet with it and fry in deep ghee. It will be purplish in colour.

Immerse in stock syrup until soft.

If there be any objection to the use of black colour mix into the ingredients 3 oz. sugar. This, on being charred in frying, will ensure the peculiar purplish-black coating.

CHHANABARHA.

Chhana 2 fb.
Safeda 2 fb.
Ghee $\frac{1}{4}$ fb.
Rub the ghee in the *safeda* as shortening. Bray the *chhana* and mix into *safeda*. As *safeda* will absorb a great deal of moisture the *paste mixture* will show a tendency to form crust. Therefore sprinkle water from time to time to keep it moist and soft. Indeed it should have the consistency of soft dough. Then make some balls out of the mass and gently fry them in deep ghee. When properly fried transfer them to stock syrup contained in an iron pan.

After the whole mass is finished the iron pan, together with the soaked balls in it, should be heated to bring the syrup to a boil. Just when ebullition occurs, take the pan off the oven and cover up with a big wooden platter. The simmering that will continue for some time will soften the interior of the sops. It will also serve the purpose of cooking the *safeda* which will otherwise make the product tough.

**LALMOHAN.**

Proceed exactly as above. But instead of frying the balls in ghee and then soaking them in syrup, cook them in boiling syrup like *Rasagollas* (which see). This operation is a somewhat difficult one as the balls are apt to wear away and thus lose shape.

**DANADAR.**

Chhana

B. S. 9.

2 lb.
Suji $\frac{1}{4}$ oz.
Sugar 3 lb.

Press the chhana hard and dry. Mix the suji and whisk to a soft paste. Divide into 30 pellets and form them into rounds like Rasagolla. Then boil in syrup. Remove from fire when the syrup becomes very thick. Move them all about the sides of the pan with the paddle. Strew over 8 oz. granulated sugar and leave for half an hour to dry. Then strew over one pound more sugar, stir briskly, cover up and set aside for 8 to 10 hours. The balls will dry up completely and appear like crystallised fruit.
MOULDS FOR SANDESH.


To face p. 130]
CHAPTER XVII.

RECIPES—Sandesh.

SANDESH.

Sandesh may be styled the Queen of Bengal Sweets.

There are so many varieties of this most joyable sweet that it is not possible to give a comprehensive list of them all. Only the representative types are enumerated below without prejudice to those left out. The more important and well-known varieties are described individually.

The names of the numerous varieties of Sandesh have been derived from all conceivable sources. Primarily the names designate accustomed shapes, such as Gutke (flat tipped), Badam Takti (diamond), Kasturo, etc. Latterly they express the delightful feeling associated with Sandesh such as Monohara (captivating), Monoranjan (pleasing to the mind), Delkhosh (delight of the heart), etc. The analogy with natural objects is another fruitful source; such as, Ata (custard apple); Kamranga (a sour plum); Talshash (palmyra kernel) and so on.

In the selection of fanciful names, however, which are more prolific, imagination is
given free play. There are some typical Bengali names the points of which will be wellnigh lost in translation: *Abar Khabo* (Encore), *Phulsayya* (Honey Moon), *Sukhe Theko* (God Bless You), *Pati Param Guru* (Husband is wife's saviour). The purely English names "Good Morning," "Wel-come," "God Save the King," "Forget-me-not" and the like are significant of cultural influence.

Be it noted in this connection that the foundation paste of all these *Sandesh* is practically the same; they are simply moulded into different forms.

In the main, the ingredients entering into the composition of *Sandesh* are the same, viz., *chhana* and sugar. It is all the more wonderful how innumerable varieties of *Sandesh* are made from these two simple materials. The elements which determine the quality of the product are their relative proportion and flavouring. A good deal depends also on the treatment of *chhana* and sugar. *Chhana* may be pressed to difficult degrees of dryness. Sugar may be added either powdered or in the form of syrup. It may be substituted in part by jaggery. Cooking is also a decisive factor, for on it depends the consistency of the paste. *Kara-pak* or hard cooked *Sandesh* is mealy, while *Naram-pak* or soft cooked *Sandesh* is sloppy. The taste is sometimes improved upon
by the addition of khoa and mawa. Lastly, novelties are effected by scents and colours.

GUR IN LIEU OF SUGAR.

Due to the exigencies of the Second World War (1939-45) sugar became a rationed article, along with other foodstuff and great scarcity of this essential commodity was felt by the general public during the continuance of the Rationing system in the urban areas of India. Indeed at one time supply of sugar was totally stopped to confectioners of Calcutta while the weekly rations of the citizens were severely curtailed. As is to be expected it adversely affected the confectionery business and for months sweetmeats could not be had in the market either for love or money.

Resourceful confectioners however replaced sugar by gur (jaggery) in the preparation of sweetmeats. Of course, gur from date palm is ordinarily used in the winter season for the preparation of a special variety of sandesh. But in the present instance jaggery from sugar-cane as well as that from ordinary palm were also requisitioned as substitutes. Sandesh made of palm gur tasted like Nalin gur sandesh and was relished. But ordinary cane gur imparted, in a majority of cases, somewhat sour taste which was disliked. Moreover, the sweetmeats prepared with cane jaggery wore a dull appearance.
Of course, more careful confectioners selected gur of superior quality and produced articles of tolerable taste.

There is a simple process of refining, and deodorising jaggery to some extent by centrifuging it in a hydro-extractor and sprinkling solution of sodium carbonate (washing soda). But the resulting product acquires a definite salt taste which is naturally imparted to sweetmeats made with it. However, chocolate essence blends nicely with all kinds of gur and if used in the preparation of sweets with gur, it will impart a pleasant flavour making them more palatable.

GENERAL PRINCIPLE.

The general principle underlying the preparation of Sandesh is now detailed fully and should be pursued in making the different varieties.

Chhana 2 lb.
Sugar 8 oz.

Two methods are usually in vogue for cooking Sandesh: (1) Sugar method and (2) Syrup method. In the first method the chhana need not be squeezed very hard as the little whey in it will assist in melting the sugar which is added in the dry powdered form. In the second method the chhana is squeezed hard and the sugar is dissolved in water and made into syrup. It is admitted, however, that San-
prepared by the first method tastes better than that made by the second method.

The quality of Sandesh is improved by increasing the quantity of chhiana and decreasing that of sugar. We give the proportions for the four ordinarily recognised qualities:—

No. 1. Chhana 2 lbs. and Sugar 8 oz.
No. 2. "   "   "  10 oz.
No. 3. "   "   "  12 oz.
No. 4. "   "   "  1 lb.

Needless to point out that No. 1 is the best quality. It is not possible to make anything superior to it. Anything inferior to No. 4 may be appropriately described as sugar candy.

(A) Sugar Method.

It will be relevant here to point out again that chhana is ordinarily soggy, holding a portion of whey. Whenever required for the preparation of a sweetmeat it should, therefore, be squeezed. By taking nearly double the amount prescribed and squeezing it in a new piece of cloth, the milky liquid is eliminated and the weight considerably reduced. This is effected on a large scale by pressing chhana between two wooden planks, the upper one being weighted with stones, iron, etc. (Please refer to Treatment of Chhana pp. 41—43).

All this, however, is not often necessary in the case of home-made chhana which is tolerably compact.
Firm chhana when available in the market can be efficiently drained simply by placing it on a slanting plank. Instead of squeezing some persons prefer to bake the chhana on the pan to dry it for a few minutes.

Mash the compressed chhana on a wooden platter bit by bit as if braying. If possible repeat twice. Mix the sugar (in powder) thoroughly. Then cook the stuff for 15 minutes in a shallow pan on a very slow oven, stirring all the while with the broad wooden spatula. Throughout the operation the fire should be damped with the fire damper and the mass should be agitated unceasingly as otherwise the paste has every chance of getting scorched and being spoilt. The cooking must be done attentively. In preparing Sandesh the confectioner knows no rest.

Sandesh is properly cooked when it draws away from the sides of the pan. Then take away, scoop out on a plate, do up into a neat lump. On cooling it becomes a firm paste.

(B) Syrup Method.

Put the sugar in a shallow pan, add a little water and boil to a thin syrup. Mash the chhana like braying and throw the lump into the syrup. Agitate the stuff incessantly with the paddle (taru). The fire must be slack so long as the chhana does not dissolve. Then the fire damper is removed. The thickening
mass now requires to be agitated vigorously. The paste will soon begin to draw away from the sides of the pan. It is tested as follows: Take a little on the hand; it will feel scorching, but immediately it will feel cool. Then it is properly cooked. Otherwise it will not dry.

At this stage remove the pan from the fire. Gather the paste in a lump in the middle. Break off little by little with the paddle and spread on the upper parts of the pan near the brim. As soon as this portion is cooled it is scraped and brought down on the lump. When the whole paste is thus artificially cooled, form into desired shapes with wooden moulds.

It is apparent that the consistence of the paste may be easily brought up to the desired degree of firmness. By ceasing to cool the paste (by spreading) a little earlier or a little later the resulting Sandesh is either soft cooked or hard cooked. Naturally enough some prefer the former and others the latter.

Moulding.

By either of the above methods the foundation paste only is obtained. It is made into different varieties by incorporating colourings and flavourings, and shaping with wooden moulds. A wooden mould for Sandesh is made in two halves, one being the counterpart of the other, similar to cake forms. The two fit together accurately leaving only a small aperture
through which the paste (in pellets) is to be forced in. The inside of the moulds is engraved with suitable designs or inscriptions which appear in prominent relief later on.

In other moulds only the upper surface is printed and the underside is pressed with a wooden blank.

**AM SANDESH.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chhana</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Sugar</td>
<td>6 oz.</td>
</tr>
<tr>
<td>Mango ginger</td>
<td>q.s.</td>
</tr>
</tbody>
</table>

Prepare *Sandesh* with *chhana* and sugar as usual.

Wash the mango-ginger; peel slice and pound. Express the juice.

When the paste of *Sandesh* has become quite cold incorporate into it about two spoonfuls of the juice. On no account should it be added while the paste is hot, as the scent will then fade away. It may also be added to the paste just before forming.

After the addition of the flavouring agent the paste should be thoroughly kneaded and then formed into small mango shapes with wooden moulds.

**LEBU SANDESH.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chhana</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Sugar</td>
<td>6 oz.</td>
</tr>
<tr>
<td>Lemon peel</td>
<td>q.s.</td>
</tr>
</tbody>
</table>
The rind of a whole orange will be required to flavour about two pounds of Sandesh. If the rinds of fresh fruit be available, well and good; otherwise the dried peels have to be soaked in water for 2 to 3 hours.

Proceed to make Sandesh with chhana and sugar as usual. When beginning to cook throw in the rinds and stir with the paddle taking care that the rinds do not get mangled or broken. When the paste is cooked, pick out the rinds and the sandesh will have been nicely flavoured. Roll out to 1 inch thick; cut into 1 inch square. Garnish with pistachio. Most probably the same purpose will be served by adding a few drops of lemon oil. Try it.

**Musk Sandesh.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chhana</td>
<td>2 ½ lb.</td>
</tr>
<tr>
<td>Sugar</td>
<td>10 oz.</td>
</tr>
<tr>
<td>Essence of Musk</td>
<td>10 min.</td>
</tr>
</tbody>
</table>

Prepare the foundation paste from chhana and sugar and thoroughly mix the essence of musk. Divide into pellets and press into forms with suitable inscriptions.

Musk Sandesh is best made into small sized oval tablets. This sweet is invigorating, musk being a well-known stimulant. It is deliciously perfumed.

**Monohara.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chhana</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Sugar</td>
<td>6 oz.</td>
</tr>
</tbody>
</table>
Khoa 4 oz.
Cardamom minor 2

Mash the khoa with sprinkling of water; knead and do it up neatly. Snatch 2 dozen small pellets from it to serve as filling.

Make the foundation paste with chhana and sugar by the usual method. In this particular case it should be rather hard cooked. Take away from fire and mix in powdered cardamom seeds. Divide the paste into 2 dozen rounds. Flatten each between the palms and make a dent with the thumb. Put in the filling and close up. Form round.

BADAM TAKTI.

Chhana 1 lb.
Sugar 6 oz.
Pistachio q.s.

Make the foundation paste like Monohara. Mix in chopped pistachio. Pour in plates and allow to set. When stiff cut out diamond shapes. Garnish with silver leaves.

KAMINIDANA.

Chhana 1 lb.
Sugar 6 oz.
Poppy seed q.s.

Make the foundation paste like Monohara. Mix in baked poppy seed. Form into ovals.
ABAR KHABO.

Chhana 1 lb.
Sugar 4 oz.
Khoa 4 oz.
Pistachio q.s.
Cream q.s.

Cook chhana and sugar for the foundation paste, rather soft. Divide the paste into 20 balls.

For the filling, pulverise khoa and mince pistachio. Mix up and divide in pellets.

Put a pellet inside each ball of foundation paste and mould round with hands.

Each Sandesh is finally crowned with a piece of thick cream about 1 inch square.

CHITTARANJAN SANDESH.

Chhana 2 1/2 lb.
Sugar 10 oz.
Khoa 4 "
Mewa 2 "
Saffron 5 grs.
Gold Leaf

This is one of the finest varieties of Sandesh ever invented. It has been named after the great Indian patriot Deshbandhu Chittaranjan Das, the first Mayor of Calcutta.

This is a stuffed Sandesh and accordingly the stuffing should be prepared at first and kept handy. Pulverise the khoa. Blanch almonds and pistachios, shred them fine, and mix
with khoa. Soak saffron in a spoonful of milk and blend with the stuffing in the manner of Delkhosh Sandesh.

Next chhana and sugar should be cooked in the manner of making Sandesh but an uncommon degree of fineness is called for. Allow the paste to cool down. Divide into about 50 or 60 pellets. Spread each in the shape of a butter scoop with a little dent in the centre; put in a stuffing pellet, close up and gently form into an ovoid shape exactly in the manner of Khasta Kachuri (which are).

II.

Add a few drops a vanilla scent into the stuffing: when it is used as pellets the scent will permeate through the covering, i.e., the entire sandesh, and will be discernible with every bite. The effect is very fascinating and has been liked by every one. The top side is finally tipped with gold leaves for lovely flourish.

**CHOP SANDESH.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chhana</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Sugar</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Khoa</td>
<td>4 &quot;</td>
</tr>
<tr>
<td>Mewa</td>
<td>q.s.</td>
</tr>
<tr>
<td>Hot Spices</td>
<td>q.s.</td>
</tr>
<tr>
<td>Poppy seed</td>
<td>q.s.</td>
</tr>
</tbody>
</table>

Prepare the foundation paste with chhana and sugar, rather soft. Divide into 16 balls.
For the stuffing pulverise *khoa*, mince *mewa*, pound ‘hot spices,’ mix all together and divide into pellets.

Stuff a ball with a pellet, form round and flatten with the hands.

Finally dredge each *sandesh* with baked poppy seeds.

This is the milky prototype of the mutton chop.

**CHOCOLATE SANDESH.**

Chhana \hspace{1cm} 2\frac{1}{2} lb.
Sugar \hspace{1cm} 10 oz.
Cocoa Powder \hspace{1cm} \frac{1}{2} lb.

The European confections known as chocolates are made from Cocoa powder, sugar, etc. Cocoa is derived from a kind of bean and is known as vegetable butter. It is therefore highly nutritious.

Cook *chhana*, and sugar in the usual manner to prepare foundation paste of *Sandesh*. Divide the paste into three equal batches. Incorporate cocoa powder into the first batch when the mass will assume chocolate colour. Spread out the second batch about one-fourth inch thick on a wooden platter. On this layer spread out the first batch of chocolate mixture. Finally spread out the third batch. Thus we get a mass of three layers with plain *Sandesh* at top and bottom and in between them chocolate Sandwitch.
Now cut the mass into pieces of diamond shape. Garnish each with silver leaf for dazzling spectacular effect.

**HARA-GAURI SANDESH.**

This is another variety of sandwich Sandesh consisting of three layers—the bottom being plain Sandesh, middle one tinted yellow, and the top tinted red. Proceed in the manner of chocolate Sandesh.

**ALMOND-PISTACHIO-SAFFFRON SANDESH.**

Another variety of Sandwich Sandesh may be made by spreading out three layers of Almond Sandesh, Pistachio Sandesh and Saffron Sandesh.

**ROYAL SWEET SANDESH.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chhana</td>
<td>5 lb.</td>
</tr>
<tr>
<td>Khoa</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Pistachio</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Sugar</td>
<td>1½ lb.</td>
</tr>
<tr>
<td>Gold leaf</td>
<td>q.s.</td>
</tr>
</tbody>
</table>

Steep the pistachios in water for some hours. Remove the skins by rasping and bray into a fine pulp.

Prepare ordinary Sandesh with chhana and sugar. Pulverise the khoa and add it to the above mass while it is still soft. Remove from fire when rather stiff. Now add the pistachio pulp to this foundation paste and
incorporate thoroughly. Spread the whole stuff uniformly on a platter (\(\frac{3}{4}\) inch thick or less) and gently press to make it close-grained. Embellish by stretching over the surface a thin gold leaf. Carve with a table knife into diamond shapes. The colour will be greenish and glittering.

**PARSEE BARFI.**

Proceed exactly as above. But in place of pistachio and gold leaf, substitute real almonds and silver leaf. The colour will be glazed white.

**MONMOHAN.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chhana</td>
<td>5 lb.</td>
</tr>
<tr>
<td>Khoa</td>
<td>(\frac{1}{4}) lb.</td>
</tr>
<tr>
<td>Sugar</td>
<td>1(\frac{1}{4}) lb.</td>
</tr>
<tr>
<td>Pistachio</td>
<td>6 oz.</td>
</tr>
<tr>
<td>Almonds</td>
<td>6 ,,</td>
</tr>
<tr>
<td>Raisins</td>
<td>4 ,,</td>
</tr>
<tr>
<td>Saffron</td>
<td>45 grs.</td>
</tr>
</tbody>
</table>

Prepare the foundation paste of Sandesh with chhana, sugar and khoa as before. Remove the mass from the fire and add the saffron blended in a little hot milk. Mix intimately to ensure even distribution of colour.

Transfer to a dish, spread into 1 inch thick and press to form a compact mass. Strew over finely shredded almonds and pistachios. Sprinkle a few drops of rose otto. Cut into
diamond shapes. Fix a pair of raisins and crimson rose petal on each. The colour will be brown. Notice the coloration of the above three varieties, viz., green, white and brown.

**Kheer-Chhana Sandesh.**

- Chhana: 2 lb.
- Kheer: 1/2 lb.
- Sugar: 1 1/2 lb.
- Mewa

This is a very convenient variety of Sandesh albeit palatable to taste. It is the easiest to make at home at short notice.

In this case chhana need not be squeezed so hard as in the case of ordinary Sandesh. It would suffice if chhana be allowed to drip in a kerchief suitably hung up. Then mash it on a wooden platter. Pulverise the khoa. Mix up the two thoroughly and incorporate sugar.

Now take this mass in a pan and cook like Sandesh for about 15 or 20 minutes stirring all the while with taru. Take down while still soft. Pour out the paste on a plate when tepid warm; divide into pellets and press into suitable forms, say, Kamranga.

**Kanchagolla.**

- Chhana: 1 lb.
- Sugar: 6 oz.

The peculiarity of this Sandesh is that unlike other varieties it is grainy. For this
purpose the chhana, though pressed to free it from water, must not be grated down as is usually to be expected. This point should be carefully noted as the only exception.

Now prepare a syrup with the sugar, and when it is thickening throw in the lump of chhana. Disintegrate the stuff with the paddle. Do not cook for long but remove while still sloppy. Form into 2 dozen rounds when cool. It is cooked somewhat raw (whence the name) and, on storing, the syrup oozes out which furnishes a simple test. Otherwise the product will be stiff.

The cooked mass should be granular in appearance and not pasty.

GOLAPI PERA.

(Lit. Rose Tablets).

Proceeding exactly as above cook the product a little longer so that whole of the syrup is absorbed.

Perfume the mass with rose water, form into small rounds, flatten and fix a rose petal on each.

CHHANAR PAYESH.

Chhana 5 1b.
Milk 2 1b.
Sugar 1 1/2 1b.

This is a semi-liquid variety of the Sandesh. Boil down the milk to a consistency mid-
used in very small doses so as to impart only mild aroma. Bigger quantities might spoil the thing with strong odour.

The requisite doses of vanilla may be blended with the paste of Sandesh or better still with the stuffing as in the case of Chittaranjan Sandesh (which see). In the case of Rasagolla pineapple scent is carefully blended with the stock syrup, diluted with water if necessary, by thorough agitation. Then Rasagollas are soaked in the perfumed syrup when the scent will permeate through them after absorption of syrup.

A variety of scents is available in the market for use in confectionery. There is no harm in using them although only the best quality is to be employed. If desired a distinctive scent can be prepared by blending 2 or 3 essences in suitable proportions. Such special scents might enhance the reputation of a professional confectioner while it will be difficult for others to imitate the secret.

Similarly, many edible colours are available in the market. They are also harmless being mostly of vegetable origin. These yield spectacular effect but should be used sparingly.

These essences and colours are commonly used in ice creams, drinks, etc.

When complete each Sandesh is tipped with a piece of gold leaf for gorgeous effect.
An improved variety of this Sandesh is made as follows:—

Add a few drops of vanilla scent into the stuffing. When it is used as pellets the scent will permeate through the covering, that is, through the entire Sandesh and will be discernible with every bite. The effect is very fascinating and has been welcomed for a delight whoever has tasted it.
CHAPTER XVIII.

RECIPES—Khoa & Milk Preparations.

MEWAR LAROO.

Khoa 1 lb.
Granulated Sugar 1 lb.

Pulverise the khoa and sift. The smaller the grains of sugar, the better. Incorporate the two things together thoroughly. Strew a handful of currants. Form the mass into 2 doz. balls by rolling under hands.

PERA (TABLETS).

Milk 2 lb.
Sugar 2 oz.

Dissolve the sugar in the milk. Boil for half an hour or more, stirring all the while with a ladle, otherwise the milk will boil over. When it begins to thicken, scrape the bottom and sides constantly with the paddle; otherwise it will get charred. Remove when only about 6 or 7 oz. of a plastic mass is left. (See the instructions for making khoa).

When cool divide the paste into about a dozen pellets. Mould them into rounds with hands and form into flat shapes by gently pressing within the palms. Fix a pair of raisins on each and dredge in granulated sugar.
These *peras* being condensed solid milk are somewhat rich.

**GUJIA.**

The basis of this sweet is the same as that of *Pera*. The foundation paste is however divided into small pellets each being subsequently formed into rings—of the size and shape of actual finger rings.

**KHEER SANDESH.**

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

Pulverise *khoa* and sift. Boil sugar in water to thick syrup. Add the *khoa* and cook like *Sandesh* (Syrup method). Remove when the paste is rather firm but still plastic and pliable. So far it is in the nature of *Barfi* (which see) but stiffer.

Now form the paste into different fruit models, wooden moulds for which are available. Insert stalks, colour suitably or otherwise finish so as to resemble different fruits.

Practically all kinds of fruits may be imitated in this manner, as for example, *mango*, *litchi*, *jambolan*, *pomegranate*, *rose apple*, *banana*, etc. They are finished to such a nicety as easily to dupe the unwary. An array of these artificial fruits often serves as a delicate presentation.
BARFI.

Khoa 2 lb.
Sugar 8 oz.

This is a sort of 'cream pudding.' First pulverise the khoa breaking the lumps; sift through a sieve, twice or thrice, to get a fine powder. Next boil sugar and water until the syrup ropes when dropped from a fork. Gradually add the khoa powder to the syrup and mix well agitating the mass on slack fire with the wooden spatula (taru).

Take away from the fire when the mass is of the consistency of butter. Sprinkle rose water, raisins, etc., and pour out the stuff into a pie dish upto 1 inch thick and allow to set. The syrup must have been of such a consistency that this mass hardens within 6 to 8 hours. Finally carve out the solid stuff with a table knife into one inch square tablets.

KALAKAND.

Khoa 2 lb.
Sugar 8 oz.

Prepare a syrup from the sugar and continue boiling until it is nearly dry. Scrape out the sugar candy into a patter and bray to a fine powder. The sugar is subjected to this special treatment whenever it is required to prevent the sweetmeat from absorbing moisture from the atmosphere. The process has
already been described more fully under "transformed sugar."

Now pulverise the khoa and sift it. Add to it the transformed sugar obtained as above. Thoroughly incorporate the two ingredients on a platter. Sprinkle rose water, shredded almonds, chopped pistachios and handful of raisins. Heavily press the mixed mass into a solid block one inch thick with an even surface. Set aside for a few hours to form and then cut into square tablets (1\(\frac{1}{2}\) in.).

**SARER LAROO.**

*(Lit. Ba'ls of Cream).*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>6 lb.</td>
</tr>
<tr>
<td>Khoa</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Sugar</td>
<td>8 oz.</td>
</tr>
</tbody>
</table>

Convert the sugar into "transformed" sugar as before. Pound the khoa, not necessarily into powder. The lumps, may be left more or less large sized. Bake the mass lightly on an iron pan (*taoa*) over a very slack fire. Have these two ingredients ready.

Now boil the milk in a shallow pan and fan it with the left hand. (For this purpose the fan of palmyra leaves sold in the market will be useful). By this method clotted creams will be formed on the artificially cooled surface of the boiling milk. With a wooden stick (*kathi*) in the right hand pick up the films as soon as they appear and paste them in layers on
all sides of the pan high above the milk. In this way new surfaces of the milk will be continually exposed and cooled, in turn, helping the formation of cream. Continue in this manner until only milk is left. A very slack oven is desirable throughout the operations. (C. f. Sar. P33).

Scrape off these creamy layers with the spatula and transfer to a plate. Add to the mass the pounded khoa and the "transformed" sugar made ready as above. Mix together these three ingredients and perfume with rose otto. Take by handfuls and mould into round balls. If desired, paste an additional square piece of cream on each.

The milk residue may be used up as condensed milk.

RABRI.

Milk 6 lb.
Sugar 6 oz.

Rabri may be briefly described as cream soaked in Kheer. To prepare this sweet the operation described in the latter part of the above recipe, namely, that for the preparation of clotted cream is to be repeated. (C.f. Sar P. 33).

Put the milk in an iron pan on fire and continue boiling. Fan it unceasingly by the left hand and by the right collect the films of cream appearing from time to time on the cool-
ed surface with a wooden stick; and amass them on the sides of the pan. When the milk has thus been boiled down to only \( \frac{3}{4} \) lb., dissolve the sugar in it. Now scrape off the layers of cream from the sides of the pan and immerse them into the thick sweetened milk residue. After a while remove from the fire and allow the creams to be soaked sweet for an hour. Sprinkle rose water.

To best enjoy it put a piece of ice in a cupful and sip it off. It is generally served last of all other sweets.

**MALAI**

*Malai* may be simply described as 'clotted cream.' It is in fact unsweetened *Rahri* and may be prepared in the same way, only omitting sugar. *(C. f. Sar P. 33).*

**SARBHAJA.**

Milk  
Ghee  
Syrup

Scald the milk in a wide iron pan over fire, using wood as fuel, if possible. When the surface of the milk heaves up for the first time, raise and pour the milk with the ladle. Continue agitating for a quarter of an hour to ensure thick foam. Then slow down the fire and allow to simmer. Leave the milk as it is
for 3 or 4 hours. (Of course the fire must have slackened). By this time a thick cream (sar) will form on the surface. Carefully detach it from the pan by passing a broad knife round its circular rim. Gently slip it off on to a plate, placing the moist underside up. Let the few drops of milk adhering to it trickle down by holding the plate in a slanting position.

Divide the cream into four quadrants. It may also be cut into square or oblong pieces (1 to 1½ inch). Melt ghee in a flat iron pan (tai) and fry very gently the pieces of cream one by one. Care should be taken that they are not charred. Place in thick syrup to soak.

This is a very valued sweet, toothsome and creamy.

The thickened milk left as residue after the cream is taken off may also be utilised by sweetening it and making Khecr.

**Sarpuria.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>10 lb.</td>
</tr>
<tr>
<td>Chhana</td>
<td>2 1/2 lb.</td>
</tr>
<tr>
<td>Khoa</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Sugar</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Almonds</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Pistachio</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Saffron</td>
<td>60 gr.</td>
</tr>
</tbody>
</table>

Prepare three pieces of cream by boiling the milk in three lots in separate pans accord-
ing to the process described in SarbhaJa. Have them ready after dripping.

Now grate together the chhana and the sugar and cook like Sandesh. Pulverise the khoa and slightly bake the powder on a dry pan over slack fire. Mix together these stuffs intimately. Work in the saffron blended in a little hot milk to ensure brown colour and characteristic fragrance. Strew over finely chopped almonds and pistachios (skinned and blanched). Divide the mass into two batches.

Fully stretch out one piece of cream on a plate and spread over it evenly half the foundation mass prepared above. On this stretch out a second piece of cream and spread over it the remaining half of the foundation mass as a sort of stuffing. Lastly cover this up by stretching the third piece of cream. The whole must look like a cake 2 or 3 inches thick.

Carve out and serve. It is a most aristocratic sweetment.

- **DUDH-SUJI.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Suji</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Sugar</td>
<td>8 oz.</td>
</tr>
</tbody>
</table>

Scald the milk. Throw in suji, stirring all the while. Melt the sugar. Cook for 15 minutes and remove when it tightens like batter.
Before addition the suji may be stewed in a little ghee; that will greatly improve the taste.

**PALO.**

Milk 2 lb.
Sathi 2 oz.
Sugar 8 oz.

Scald the milk and dissolve the sugar in it. Blend the sathi in a little water breaking the clots, otherwise it will lump and spoil the milk. When the milk is boiling vigorously pour the blended sathi in a stream stirring briskly (laddling). Cook for a few minutes until the mixture is uniform and take away when it thickens.

This is a very soothing preparations and forms a convalescent diet.

**PALOR BARFI.**

Milk 2 lb.
Sathi 4 oz.
Sugar 10 oz.

Proceed exactly as above. Only the sathi is to be added in a quantity sufficient to give body to the milk on cooling. The mixture is poured on a pie dish; it sets on cooling and is then cut into diamond shapes.

**KHEER-KAMLA.**

Milk 2 lb.
Sugar 8 oz.
Oranges 2
Boil down the milk with sugar as if making thick kheer. Peel the oranges; reject the skin and stones in the cores. Take only the juicy cells and scatter them over the condensed milk. Thicken the milk a little more and remove.

**Firni.**

Kamini Rice 2 oz.
Milk 2 lb.
Sugar 8 oz.

Procure good kamini rice with its delicate aroma. Soak it in water until soft. Grate to a fine paste. Scald the milk and dissolve the sugar in it. Blend the rice paste in a little water and pour in a stream on the boiling milk. Stir briskly all the while. If precautions are not taken it will lump at the bottom of the pan. Cook for 10 minutes and then remove.

B. S. 11.
CHAPTER XIX.

Recipes—Miscellaneous.

Kumrar-Mithai.

Kumrar Mithai is made from white pumpkins, or strictly speaking, melon pumpkins (sanchi kumra). These pumpkins are hung up after being plucked and keep remarkably well for the greater part of the year. They mature with age, the skin becoming white.

Take such a "hoary" pumpkin; peel it; divide into four parts; remove the seeds and slimes. Prick the flesh with a fork until it is punctured through and through. This is essential for proper cooking and then cut into small cubical pieces the size of chocolates. For every pound of these cubes take an equal quantity of sugar and \( \frac{1}{4} \) oz. alum. A few drops of rose water will also be required.

Soak the pumpkin cubes for an hour or two in cold water. Then boil them in a solution of alum. Drain in a colander and when cold wash the cubes in several changes of water. Next melt the sugar in water and boil to make thin syrup. Throw the alumed cubes into the syrup and continue boiling until they are soft and tender. Remove when nearly dry,
and perfume with rose otto. On cooling, the sugar will form granulated coating on the cubes.

These toothsome confections which are in the nature of crystallised fruits, can be preserved for a long time if properly prepared and carefully packed. Sometimes the pumpkin pieces are removed from the pan when the syrup has not become quite dry and is used as sops. But then they cannot be preserved for long. These fruit confections are easily prescribed to convalescents.

**BAELER MORABBA.**

It is a fruit preserve prepared from *Bael* or Bengal Quince. Procure unripe fruits and remove their skins. It is a tough job requiring sharp and heavy knives. Slice them into flat circles and cut the big circles into halves. Remove the seeds, wash clean and soak in water for half an hour.

Now parboil the slices in water but do not make them too soft. Drain in colander. Take the slices and sugar together in a pan and put on fire. The sugar will melt because of the wet slices and become syrup. If this be not the case, a very small quantity of water may be added. Stir the slices constantly, otherwise they will get charred at the bottom. When the syrup becomes thick and viscous, the slices are
thoroughly cooked and sweet, remove from fire and store in suitable vessels.

For this purpose iron pans will not be suitable; aluminium vessels should be used instead. One pound of sugar will be required for a medium-sized _Bael._

"BENGAL PUDDING."

Albeit a little outside the scope of this book the following recipe for a novel kind of Pudding is prescribed as being quite original. It is a modification of a European Sweet in the light of the confectionery of Bengal. It may be noted that the recipe has given entire satisfaction to whomsoever it has been recommended and it is expected that it would also prove popular with the general body of readers.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chhana</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Khoa</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Egg</td>
<td>5 to 8</td>
</tr>
<tr>
<td>Almonds</td>
<td>q.s.</td>
</tr>
<tr>
<td>Pistachios</td>
<td>q.s.</td>
</tr>
<tr>
<td>Raisins</td>
<td>q.s.</td>
</tr>
<tr>
<td>Rose Water</td>
<td>q.s.</td>
</tr>
</tbody>
</table>

Squeeze the _chhana_ to make it compact. Take it in a bowl and bray to a pulp. Puls erise and sift the _khoa_. Incorporate it evenly with the _chhana_.

Next mix the sugar thoroughly into the mass.

Now beat the contents of the eggs in a bowl for 10 to 15 minutes with an egg-beater until the froth rises considerably. If only the yolks are employed, then 8 to 10 eggs will be required. Pour the egg-froth in the mixture of chana, khoa and sugar and whisk to a smooth batter.

Almonds and pistachios (soaked and blanched) may be added either shredded or brayed to a pulp. In the latter case the taste of the product will be better. The raisins should be washed and stalked.

Finally, perfume the above uniform mixture with a dessert-spoonful of rose water.

Now this batter has to be cooked “with steam.” For this purpose it may be spread one inch thick on a pie dish fitting exactly at the mouth of a deep pan. Water is boiled in this pan and the steam while escaping cooks the batter. The dish is covered with a plate and to hasten the cooking, pieces of live charcoal are placed on the top. But this method of cooking is cumbrous and takes much time. Even at that the cooking is not satisfactory.

The batter is most satisfactorily cooked in one of the patent “cookers” sold in the market, say, Ic-mic Cooker or better still Grihastha Cooker. The batter is distributed into 3 or 4
cups of the cooker (like a tiffin carrier) which are inserted in the cylinder. There is water at the bottom of the cylinder which being heated generates steam and this circulates all round the pots thereby cooking their contents excellently. Cooking in a cooker requires only one hour from start to finish. The batter sets and becomes firm.

The cups are allowed to cool; then the contents are emptied on a tray, carved into diamond shapes, iced and served.
CHAPTER XX.

PRESERVATION OF SWEETS.

Some of the Bengal Sweets may be preserved by adopting the process of canning fruits and vegetables. Sugar and salt are by themselves great natural preservatives and therefore fruits and vegetables are generally preserved in syrup and brine respectively.

Of all sweets the preservation of sops like Rasagolla and Pantoah appears to be comparatively easy inasmuch as they are already immersed in syrup. The method is briefly described here.

Procure some tin cans of the size of barley or patent food containers. Thoroughly sterilize them with boiling water; keep the lids and soldering materials ready.

Now transfer a requisite number of Rasagolla, just finished preparation, from the boiling pan direct to the tin can, say 8 or 10 pieces. Along with them pour a quantity of boiling syrup into the can to fill up to the brim. The transfer is to be effected by ladle. Then place the lid on the can and seal air-tight but make a small hole in the centre of the lid with a nail.
Now boil water in a suitable basin and place the can in it. The water should cover at least half portion of the can. While steam is coming out from the hole of the lid, quickly close it up with solder. Then allow the can to cool down. The steam inside will condense creating a vacuum which helps to preserve the contents. Moreover, as the entire operation is subjected to boiling heat all bacteria are destroyed leaving no chance for putrefaction.

It will be rather difficult to preserve Sandesh. But the procedure is similar. The can is filled up to the brim with kara pak Sandesh when just made and still simmering. The can is next placed in the basin of boiling water, the lid set on and soldered as before. It should be remembered that greater the proportion of sugar in Sandesh, the greater is the chance of preservation.

Preservation of Laddo, Pera, etc. may be tried similarly.

Success in preservation is achieved by observing utmost cleanliness. The materials to be preserved should on no account be touched by hand while the accessories should be cleansed with boiling water.