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by Anjana Chaturvedi

Sesame Fudge (Till Ke Laddoo)



Ingredients

Mawa - 2 cups
Sesame Seeds - 1.5 cups
Fresh Milk - 3 tblsp
Castor Sugar - 1.5 cups*
Cardamom powder - 1/2 tsp
Almonds - 4 tblsp
Saffron - 1/4 tsp

Preparation

- 1 For Mawa:
- 2 Take 2 cups of full cream milk powder in a glass bowl, add 2 tbsp of ghee or butter in it and mix well.
- 3 Add some water and make a soft dough. Cover and microwave for 1 minute. You may now mash or grate it and use it any dessert preparation.
- 4 For Sesame Fudge:
- 5 Dry roast sesame seeds in a pan till they start crackling, coarsely grind in a mixer.
- 6 Crush the almonds.(or any other dry fruit of your choice. You may also skip adding nuts.)
- 7 Dissolve saffron in 1 tsp of warm milk.
- 8 Grate or mash the mawa and add the castor sugar, ground sesame, almonds, cardamom powder, and a few drops of milk and mix well.
- 9 If the mixture seems dry then you can add some more milk, few drops at a time.
- 10 Mix the mixture well, grease your palms and make small laddoos of the mixture.
- 11 Place in a plate and apply some saffron paste on the laddos.
- 12 *-you can adjust the amount of sugar according to your taste.

Cooks Note

A sesame and milk based dessert - usually made on 'Makar Sankranti' - the Indian Festival to mark the Winter Solstice.

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