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Khajoor Paak (Date Fudge)



Ingredients

Singhora atta (chestnut flour) - 50g
Urad daal atta (black gram flour) - 75g
Wheat flour - 50g
Gram flour - 50g
Dates - 250g
Ghee - 200g
Melon seeds - 25g *
Ginger powder - 25g
Ganthora powder or Peppramool - 1 tsp *
Powdered sugar - 100g
Sliced almond - 3 tbsp

Preparation

1. Heat 50g ghee in a pan.
2. Add wheat flour and fry on low heat for 10 minutes or till golden in colour.
3. Same way fry all the flours seperatly and take out in a bowl.
4. In another pan heat 2 tbsp ghee and add deseeded and crushed dates and fry for 3 minutes and then add in the flours
5. Add roasted melon seeds, ganthoda, ginger powder, sugar, 2 tbsp almond and mix well.
6. Grease a plate and pour this mixture, flatten with the help of a greased bowl, then garnish with almond slices and melon seeds, press again, leave to cool down, then make small pieces and take one piece daily with morning breakfast through out the winter season.

Cooks Note

1. If you will not get ganthora powder, just add extra 1 tbsp of ginger powder.
2. If you are not able to get chestnut flour and black gram flour then double the quantity of gram flour.
3. * are optional ingredients.

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