

THE
K O H I N O O R
KITCHEN COOKBOOK



MOUTH WATERING
HYDERABADI RECIPES

From
Other Kohinoors, the Rocks of Hyderabad
www.otherkohinoors.com



Wishing you delicious times!

A sense of wonder in the face of our earth's majesty is one of the oldest cognitions in the human toolkit. It is available to all of us even though it is often overcome by the realities and demands of our daily lives. Other Kohinoors, the Rocks of Hyderabad is a documentary love letter to the rocks that keeps the wonder front and center. It recognizes how over the ages, this connection with the natural world around us has led us to consciously and unconsciously, intertwine it into different aspects of our culture in interesting, affectionate and respectful ways. This Digi-cookbook references how the area's cuisine draws from and depends upon the rocks and the landscape.

There is the lip smacking Pathar ka Gosht: a delicious kebab marinated in wonderful spices and cooked on hot stone that is a must-have in Hyderabad!

There is the use of the stone mortar and pestles hewn from our local rocks by the Waddar community of stone workers. Traditionally used to grind the masalas, thokkus and chutneys beloved in the area, they are a very diverse set of implements and utensils: the Sil Batta, Ulukhala, Hamam & Dasta, Ghani / Ganugu (used in cooking oil extraction), Visurraayi (used for grinding flour or dal/lentils). There are also variations of dry and wet grinders, the Rathi Chippa / Kal Chatti / Makal Chatti etc.

These implements, like the Chakli and Rubbu Rolu, hewn from our rocks, are indeed considered so important that they are worshipped! In one instance, as part of the preparation for weddings, dried turmeric pieces are pounded manually in them to make fresh turmeric powder for use in the wedding rituals. This exquisite ritual itself marks the beginning of the wedding ceremonies.

Moving further into the landscape around the rocks, we see how the cuisine of our area is steeped in it. Delicious sweet-sour Tamarind holds pride of place and has wound its way into the cuisine of every community in Hyderabad. We showcase recipes that feature this beloved fruit, called Chintakaya/Chintapandu/Huli/Phuli/Imli in its myriad forms: Raw, Ripe, as a fruit that children pick - delighting in its sharp sourness and deep sweetness. Each local community has made it its own!

We offer only a representative sample here of these recipes. We hope they will serve as triggers to remind us of how our cuisine is connected with the landscape and the rocks. Do please spread the word about the need to save the remaining rock spaces in Hyderabad. We still have some beautiful ones. #retainremainingrocks

Uma Magal and Mahnoor Yar Khan

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A rocking thank you from Other Kohinoors, the Rocks of Hyderabad, to all of you for sharing your most precious recipes with us. A special thanks also to Juhee Ahmed for gathering these recipes along with us and helping put this cookbook together.

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D

Mohammed Khan
AWOOD JUNG KA KHEEMA

Ingredients:

1 kg coarsely-chopped Mutton mince (kheema)
200 gms pure Ghee
5 medium-sized Onions
3 tbsps Ginger-garlic paste
3 1/2 tbsps Chilli powder
2 tsp Turmeric powder
500 gms Yoghurt, beaten
180 gms Green chillies,
125 gms Kothmir/Coriander leaves, cleaned and chopped
Juice of one sour lime
2 tsp Salt (to taste)

Preparation:

Slice onions, chop green chillies, wash and chop coriander leaves.

Method:

Heat the ghee in a large-size degchi/pan over a medium flame.

Put the onions into the ghee and saute until they turn golden brown.

To this, add the ginger-garlic paste, the red chilli powder and the turmeric powder

Brown this masala gently on a low flame.

When the ghee begins to separate from the masala, add the kheema and raise the flame to high.

Roast (bhuno) briskly for 15 to 20 minutes.

Add the yoghurt and green chillies, lower the flame, and stir for 10 minutes. This is a crucial stage in the preparation.

Raise the flame again, add the coriander and cook for another 15 minutes.

The kheema will become drier. Add the lime juice and set aside for 10 minutes before serving.

Dawood Jung Ka Kheema can be had for breakfast, lunch or dinner and is best enjoyed with sheermal, paratha or plain steamed rice.

S Begum Mumtaz Khan

HAMI SHIKAMPUR KOFTA

NARGISI KOFTA

Ingredients:

1/2 kg Mince
1 Onion sliced
4 tsps Ginger Garlic paste
4 tbsps Chana dal
1 tsp Chilli powder
1/2 tsp Turmeric
Few sprigs of Kotamir/Coriander
1 tsp of Oil
1tsp Garam masala powder

Optional Paste:

lightly roast and grind to a fine paste with a tsp of yoghurt
2 tsps of Chiroli/Chironji/Buchanania Lanza
1 tsp of Khus khus/Poppy seeds
2 tsps of Phula Chana dal/Roasted chickpeas

Shikampur Filling:

2 Onions finely chopped,
Sprig of Kothmir/Coriander/Cilantro,
Pudina/mint,
4 Lime juice or 1/2 cup of hung Yogurt.
Chop all finely mix with lime juice or hung yogurt
Oil to fry

Nargisi Kofta:

6 hard boiled Eggs
Oil for deep frying

Mix all ingredients except garam masala and pressure cook for 10 minutes.
Remove the lid and cook till water evaporates and the mince is nicely browned.
Cool and grind to a fine paste with 1 tsp of yoghurt.
Add garam masala powder and optional masala paste.

Shami Kebab

The basic mince meat mixture flatten into diamond shapes.
Shallow fry till dark brown.

Shikampur Kebab

Take a little bit of mince mixture, flatten in hand, place a bit of the Shikampur filling, fold in more of the mince and pat down to a round shape like a cutlet.
Shallow fry till dark brown.

Kofta

Shape mince mixture into small balls and deep fry.
Can be used as a topping for Mash ki Daal or Bagara Rice.

Nargisi Kofta

Divide the mince into 6 portions.
Flatten each portion, place a shelled egg in them, fold over meat to make an egg shaped ball.
Deep fry till dark brown.
Cut in half lengthwise and keep aside.

Recipe taken from “Hyderabadi Khasa - Recipes for Traditional Hyderabad Delicacies”
from Begum Mumtaz Khan.
Courtesy Parveen Khan, daughter of Begum Khan.



K

Rajeshwari Kalyanam
HEEMA UNDALU

Ingredients:

500 gms Mutton Kheema/Mince
1 tsp Garam masala - home made
2 tsps Dhaniya/Coriander powder
3 tbsps Red chilli powder (based on the desired spice level)
Salt as per taste
1 tbsp Ginger garlic paste
A pinch of turmeric
Chopped fresh green Kothmir/Coriander and mint leaves
Oil for frying

Method:

Mash the Kheema, in a big mortar and pestle or alternatively, you can use a grinder. Ensure there is no water in the meat as that will prevent you from making mutton Koftas (meat balls) hold together. Add salt, chilli powder, garam masala, turmeric, chopped coriander and mint - mix well and make into round balls. In the pressure cooker, add oil, just enough to cook the meat balls. Slowly slide the balls in, ensure they don't touch each other. Secure it with a lid. On a very low flame, slowly cook the Kheema Undalu and most importantly, open the lid periodically and keep checking and rolling the meat balls to ensure they fry evenly and do not catch at the bottom. Fry until red. Remove and serve.

You can also deep fry the Kheema Undalu. Some people add roasted chana dal/chickpea lentils powder to the Kheema mix. There are those who cook the Kheema with onions, chillies and masalas until dry and then make it into balls before deep frying them.

Can be had as a snack or as a side dish with your Rasam, Pachipulusu or Pappucharu.

M

Begum Aliya Yar Khan
UTABBAQ

Ingredients:

1/2 kilo Ground meat (kheema) or just boneless meat
8 Eggs
3 Medium sized onions
11/2 tsps Ginger & garlic paste
1/2 tsp Chilli powder
1/4 tsp Turmeric powder
3 tbsps Phule chane ki daal or chane ki daal/ split chickpeas
2 tbsps Grated Coconut
Salt/ according to taste
8-10 tbsps Oil/Ghee
2-3 tbsps Chironji (Buchanania lanzan) or Cashew Nuts
5-6 Cardamoms
5-6 Cloves
1/4 teaspoon or less Saffron
1/2 cup Milk
Small bunch Coriander, small bunch Mint,
3-4 Green chillies or to taste
1- 2 Lemons
Wheat flour for 6-8 Rumali Roti

Method for mince:

Slice onions and fry in oil

Add ginger & garlic paste, red chilli powder, turmeric powder & salt

Add little water.

Add phule chane ki dal or chane ki daal/Roasted Split Gram or Chane ki Dal/Bengal Gram.

Cook till tender. Simmer till absolutely dry.

Grind mince or meat along with chironji/buchanania lanzan cashews, cardamoms, cloves, grated coconut and finely chopped coriander, mint and green chillies.

Method: Rumali Roti

Mix flour with water, make a dough and mould them into small balls.

Take two balls of dough, roll or pat out separately to a small size.

Spread ghee on each (only on one side), sprinkle dry flour over and then stick the two together along the oiled side and flatten/or roll out.

Half cook the rolled out rotis on a pan/tawa and separate the rotis into 2. There will be 2 thin rumali rotis.

Spreading & Final cooking:

Get ready finely chopped coriander, mint, green chillies. Extract lemon juice. Beat egg white & yolk. Warm ghee on the stove. Grind saffron with a pinch of sugar and add to milk.

Spread rumali roti (separated) in an elongated cooking dish, then spread ground mince/meat, add 2-3 tsps lime juice, followed by egg, saffron with milk, ghee and coriander, mint and green chillies. You have to repeat the same procedure again starting with roti, kheema and so on.....You will have several layers. Bake in an oven at 350C for 45 mins. To test its ready, put a satay stick into the pile and it should come away free.



C

Ahmed Alam Khan

HICKEN DAASHT

Ingredients:

2 Chickens (skin less) (cut each chicken into 8 pieces)
500 gms Yoghurt
500 gms Onions (sliced thinly and fry it until golden colour)
3/4 (tea cup) Oil
3/4 (tea cup) Ghee
250 grams Roasted Almonds and Cashew nut paste
2 1/2 Tbps Red chilli powder
2 1/2 Tbps Ginger Garlic paste
Salt to taste
1 tsp Turmeric powder
2 tsps Garam masala powder
1 bunch Green Kothmir/Coriander
1 bunch Mint leaves
6 Green chillies
Pinch of saffron (zafran)

Method:

In a bowl put chicken pieces and add ginger garlic paste, red chilli powder, salt, turmeric powder, cashew almond paste, garam masala powder mix well.
Crush the fried onions by hand and add to the chicken.
Add curd/yoghurt, ghee and oil in it and mix well.
Add the green chillies, chopped coriander, mint leaves and pinch of saffron.
Marinate it for one hour.
Preheat the oven and bake this chicken till golden brown in colour.

M

Begum Aliya Yar Khan
AHE QALIYA

Ingredients:

1/2 kg Fish. ideally, murrel or seer fish should be firm flesh fish.
Alternatively you can use mutton.

1 Onion
1/2 cup Oil
1 tbsp Ginger garlic paste
1 tsp Red Chilli powder or according to taste
Salt according to taste
1/2 tsp Turmeric powder
1 tbsp Coriander seeds
1 tbsp Cumin seeds
1 tbsp Peanuts (skin removed)
1 tbsp Dry coconut grated
Curry leaves
Fresh green Kothmir/Coriander
Small fist full Tamarind

Preparation:

Onions slice thin and roast and grind to a fine paste. Keep aside.

Roast and grind to a paste - coriander seeds, cumin seeds, dry coconut (cut in pieces), and peanuts. Keep aside.

Soak tamarind in warm water. Once thoroughly soaked and soft, using your fingers try to squeeze all the juice out of the tamarind. Strain and keep aside.

Method:

Heat oil in a pressure cooker, add ginger garlic paste and fry until fragrant.

Add salt, turmeric, red chilli powder and water.

If you are using mutton you add the mutton now and then pressure cook till the meat is tender.

Open the cooker and fry meat till all the water has evaporated.

Add the ground ingredients and cook for five minutes.

Add the raw tamarind juice and cook till the raw tamarind smell disappears.

If you are using fish, it is at this stage when you add the fish, let it poach gently along till the raw tamarind smell disappears. Appx 5 -10 minutes.

Simmer; garner with curry leaves and green coriander leaves.

T

Saad farookhi
AASH KABAB



Ingredients:

1 kg Mutton
1/2 kg Potatoes
250 gms French beans
3 Onions
4 tbsp Oil
3 tsps Ginger garlic paste
2 tsps Peppercorns
1/2 tsp Black pepper powder
2 to 3 Green chillies
Salt to taste
Pinch turmeric
1 Cinnamon stick
1 medium sprig Kothmir/ Coriander
Optional: Dry lemon (limboo khushk) 1 soaked in boiling water for 2 min

Preparation:

Cut potatoes into quarters or thick round slices and soak in salt water.
Half boil the french beans, once water cools, place bowl of water with beans in fridge to retain its colour and freshness.
Slice onions, chop green chillies, chop up the coriander.

Method:

Heat the oil in a pressure cooker.
Add the onions and the peppercorns fry until the onions are translucent.
Add the ginger garlic paste. Fry till the raw smell evaporates.
Add 2 to 4 pinches of turmeric powder.
Add powdered pepper and salt.
Add the meat and chopped green chillies, stir for a couple of minutes.
Put on the pressure cooker lid. After one whistle, reduce the flame, wait for a second whistle by which time the meat should be tender.
Once cooled/or release the steam, open lid, stir the meat and add the potatoes – if using the dry lemon add it now.
Cook until the potatoes are tender.
Add the beans, the cinnamon stick and the chopped coriander.
Steam all the ingredients for 10 to 15 minutes.

The dish is ready to be served with phulkas and rice accompanied with Khatti daal.



S

Dilnaz Baig
AFAID MIRCHI KA SALAN
from Dastarkhan e Naaz

Ingredients:

250 gms Big Green chillies
4 large white Onions/ if not available use red onions
2 Coconuts (for coconut milk)/ alternative desiccated coconut
grind with a little water.
1 cup Oil
6 Green chillies
2 tbsps Ginger garlic paste (2 parts ginger to 1 part of garlic)
150 gms Raw Tamarind - an alternative is juice of 8 lemons
1 tbsp Cumin powder
1 tbsp Coriander powder
A small bunch of curry leaves
1 1/2 tsps Salt or as per taste
25 gms white Sesame seeds
25 gms Peanuts without skin

Bagar/Tempering:

1 tsp Cumin
1/4 tsp Methi
1/2 Kalonji/Black Cumin
1/2 Mustard seeds

Preparation:

Tamarind - Cut stems of raw tamarind, bring to boil, once tender remove skin and seeds and mash it to pulp/alternative is lime juice.

Big Green chillies - wash chillies and soak in salt water for a short while, cut the long stems, leaving a little bit on the chillies. Slit chillies. Deep fry in hot oil, chillies will splutter so have a lid ready to protect yourself from the sputtering oil, stir occasionally till color changes a bit. Drain and keep aside.

Onions - chop into small pieces, fry till translucent, drain and grind to a paste.

Coconuts - extract two cups of coconut milk/ alternative - grated coconut grind to a fine paste with a little water.

Ginger & Garlic - Grind to a paste.

Sesame & Peanuts - roast very lightly, remove skin of peanuts and grind to a powder.

Coriander and Cumin seeds - roast till you get a lovely smell and grind to a powder.

Bagar/ Tempering

In a little oil fry cumin, fenugreek, onion and mustard seeds. The oil has to be smoking and that is when you throw in the seeds to get them from spluttering. Once done, strain the seeds and collect the oil into a little bowl. This oil will be added to the pan of oil at the time of cooking. The fried seeds will be stirred into the Safed Mirchi ka Salan once cooked. This is the last step of the preparation.

Method:

Add one cup of oil to a large deep pan.

Once oil is hot add the baghara oil to it.

Add to the oil the ground onion paste and the roasted zeera and dhania powder, sesame and peanut roasted powder. Stir for 2 min on a high flame, don't allow the masala to become brown.

Add the ginger garlic paste, the karyapat leaves/curry leaves and some leaves with stems and stir continuously for a couple of minutes on a high flame.

When mixture starts bubbling add in the green tamarind juice/lime juice and stir for 5 min.

Add the fried big chillies and one fresh green chilli.

The tamarind is cooked when the fresh green chilli changes color and the taste of raw tamarind is no longer there.

If you prefer your curry to be hot, chop up the remaining green chillies and add to the pan. Cook till the oil comes up to the top of the curry.

The coconut milk has been standing for a while. You will notice the coconut water sits at the bottom and the heavier coconut milk has risen to the top. Remove the milk and add it to the ingredients cooking in the pan.

Cook till thick, stirring occasionally till the oil has risen to the top of the curry. You can smell the lovely aroma coming from the preparation. Do not let it turn brown.

Switch off the stove, remove the kariyapat/curry leaves sticks and stir in the cumin/zeera, fenugreek/methi, nigella seeds/kalonji and mustard/rai seeds that you had tempered.

Dole out the Safed Mirchi ka Salan into a dish.



K

Humaira Ahmed
HATTI DAL

Ingredients:

200 gms Tuvar Dal/Pigeon pea dried and split
50 gms Imli/Tamarind
2 medium Tomatoes
Green chillies a couple (depends on how hot you like it)
2 or 3 sprigs Curry leaves
1/2 tsp Haldi/Turmeric
1 tsp Salt (or as per taste)

For Tadka/Tempering:

5 to 6 leaves of Kariyapat/Curry leaves
1/2 tsp Rai/Mustard seeds,
1/2 tsp Zeera/Cumin
3 to 4 Lehsan/Garlic Cloves
3 to 4 Dried Red Chillies
2 tbsps Oil or ghee

Preparation:

Soak the Dal/lentil in water for 2-3 hours.
Cut green chillies in half and slit lengthwise.
Soak the imli/tamarind and take out the pulp.
Cut tomatoes into small pieces.

Method:

Drain the water from the dal, add haldi/turmeric powder, tomatoes, green chillies, curry leaves and water and pressure cook for about 25 min. Allow to cool.
If the dal is soft, grind to a paste using a dal ghotni/wooden hand masher.
Add salt.
Add imli/tamarind pulp and water, return to flame and boil till you get a nice semi-thick consistency.

Tadka/Tempering:

In a separate kadai/saucepan or a small frying pan heat the oil or ghee.
Add to the hot oil the curry leaves, whole garlic pods, mustard seeds, zeera/cumin and dried red chillies. Fry till garlic is brown and cumin/zeera and mustard seeds begin to splutter.
Before serving the dal add the tadka/tempering which is the most essential part of the Dal as it gives it that unique taste.

Serve the dal with steamed rice.



B

Dominic Hasan
ELAMBU DO PYAZA

Ingredients:

Onions
2 cups Oil
2 tbsps Ginger garlic paste
1tbsp Turmeric
1/2 tbsp Red chilli powder
Salt to taste.
Belambu
Kothmir/Coriander

Preparation:

Slice onions.
Cut Belambu into small pieces.
Chop up the coriander.

Method:

Belambu or Bilimbi, commonly known as cucumber tree or tree sorrel is a fruit bearing tree and is a close relative of the carambola.

Cut onions and sauté in oil.
Add ginger garlic paste, turmeric and chilli powder, sauté for some time.
Add cut belambu to the mixture cook for 15 minutes on a slow fire.
Add salt and lastly the chopped coriander.

Then lick your fingers.

R

Mateen Ansari
**ROGHNI ROTI AUR NARIYAL KI
CHUTNEY**



Ingredients for Roghni Roti:

1 cup Wheat flour
1/4 cup of home made Ghee
3 tbsps Ghee for browning the roti
1/2 cup of Milk
1/4 tsp Salt about (adjust to your taste)
Water

Ingredients for Nariyal Chutney:

One Nariyal/Fresh Coconut
12 -16 Cloves Garlic
6-8 Green chillies (stems removed)
1 bunch Kothmir/coriander (washed and cut)
1/4 tsp Salt

Method of Fresh Nariyal Chutney:

Break the coconut-if water is present, drain it in a glass and drink it!

Remove the fresh coconut-with a sharp knife, remove the brown part of coconut

Store for later use.

Grind the cloves of garlic with green chillies and salt to taste.

Add the fresh coconut and grind to a fine paste.

Add the fresh green kothmir/coriander and grind again until you get a fine paste. Add a few drops of water to facilitate grinding if it becomes a little dry.

Preparation of Roghni Roti:

To the wheat flour add the salt and mix well.

Add the ghee and with your fingers rub in the ghee until the flour binds together, but is a little dry.

Add the milk and knead the dough, keep it hard, do not knead too much.

Keep aside – cover with a wet muslin cloth.

Method to make Roghni Roti:

You require a thick metal tawa or roti pan.

Place tawa on stove on a slow flame to heat well.

Make medium-small balls of the dough and arrange on a plate about 6 balls to one cup of flour.

With the girda-belan rolling pin roll out each ball to a slightly thick palm sized circular roti. It should not be thin.

Using the tip of a knife – jab the roti in random order making slight cuts all over. This is so that the roti does not rise and air does not get trapped inside.

Place roti on hot tawa and with a soft cloth keep pressing it all around, do not let the roti rise.

Keep pressing evenly until you see the dough turning a nice brown shade, turn over and repeat.

Once nicely browned, dab a little ghee and swirl roti on tawa with a wooden spoon.

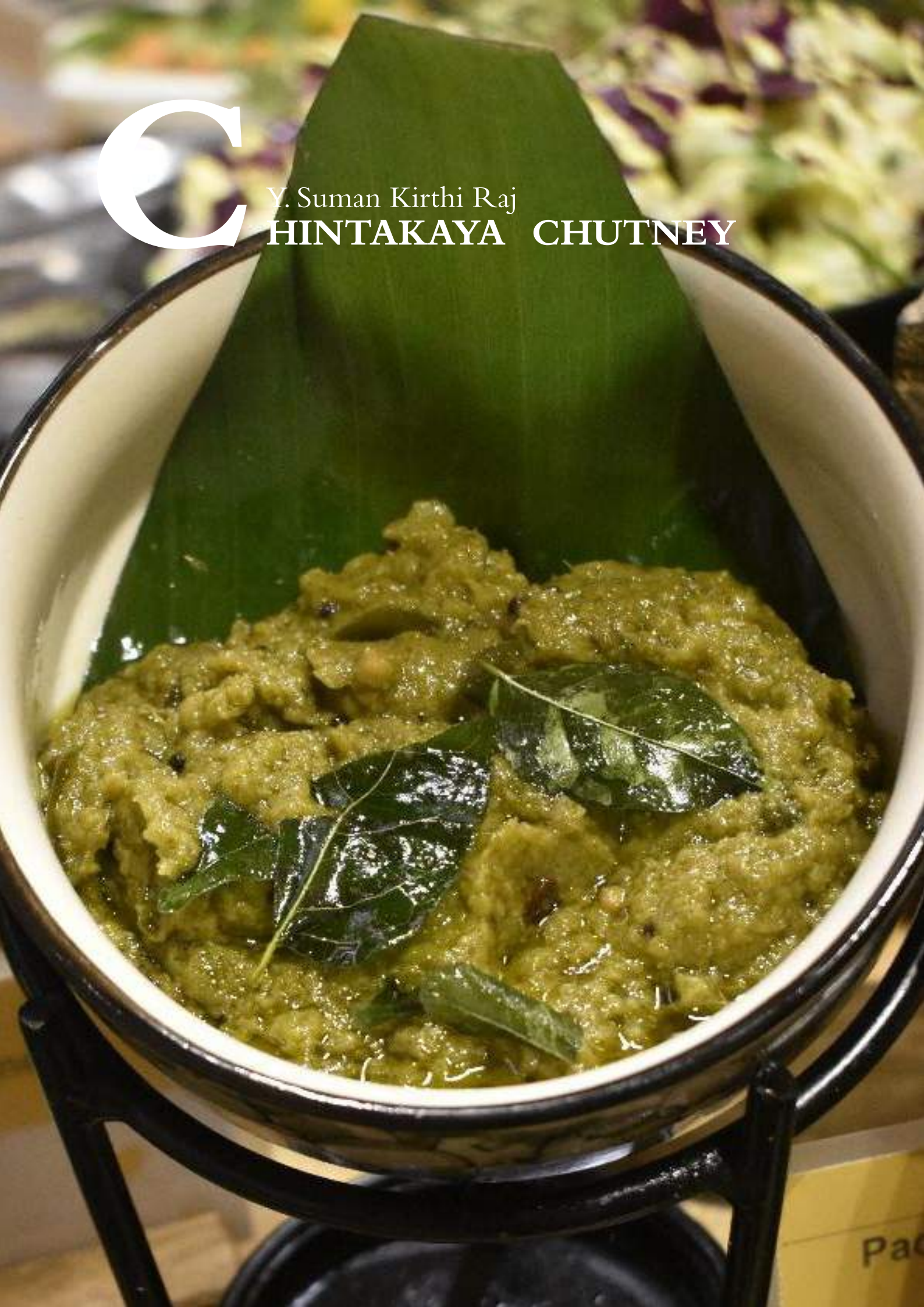
(doi), turn over and repeat. Do not use a cloth now as the cloth will absorb the ghee.

Remove hot roti. Do not lay it flat on the plate, stand it on its side in the roti box. This will keep it crisp and give a crunchy texture.



Y. Suman Kirthi Raj

CHINTAKAYA CHUTNEY



Ingredients:

1 kg Chintakaya/Imli/Tamarind Fresh Green
100 gms Kothmir /Coriander
500 gms Green Chillies
40 gms Zeera/Cumin
50 gms Fresh grated coconut
100 gms Urad Dal/Black gram skinned
100 gms Chana Dal/Bengal gram
150 ml Till Oil/Sesame/Gingili
Salt as per taste.

Tadka/Tempering:

20 gms Zeera /Cumin
50 gms Black Mustard seeds
10 gms Dry whole Red Chillies

Method:

Pound the green chintakaya to a paste.

Heat the oil in a pan.

Add urad dal, zeera and green chillies to the oil and sauté.

Add the pounded chintakaya and some water and cook for 10 min till water dries up.
Remove from the stove, add the freshly grated coconut and grind to a paste.

Tadka/Tempering:

In a small pan add some oil, when hot, pour in the zeera/cumin seeds, black mustard seeds and whole red chillies.

Fry until ingredients start spluttering.

Remove and pour over the Chintakaya Chutney.



S

Manognya Reddy
HAKKARA MADUGU

One of the favorite snacks, usually made for special occasions such as marriages.

Ingredients:

1/2 kg Rice
1/2 kg Green gram/Moong dal split
Salt as per taste
1/2 Cup butter
1 Cup milk (you might need on $\frac{3}{4}$ cup milk)
1/2 kg oil
11/2 Cups powdered sugar

Preparation:

Wash rice and dry on cloth. Roast gram until aromatic and slightly brown. Once the rice is dry (may take a day or two) grind the rice and the green gram into flour. This could be done at a mill or using a stone grinder.
To make the dough place the flour in a large pan or dish.
Add 11/2 tsps salt or as per taste.
Add cold milk slowly to the flour and knead.
Add butter while kneading to bring about a softness to the dough.
Once the dough is ready, knead small quantities each time you use it.

Method:

Place the kneaded dough in a murukku press and make medium size murukus.
Heat oil in a pan and fry them in batches of 6-8 until golden brown.
Remove from oil, let drain and sprinkle with powdered sugar.
Serve when cooled.

Note: Quantity of salt, butter (1/2 cup to 3/4 cup) and milk while making the dough needs to be adjusted. Too much butter in the dough will make the oil froth while frying.



B

Fatima Alladin
ADAM KI JAALI

Ingredients:

1 cup Almond or cashew nuts
225 gms Sugar
1/2 cup Water
3 tbsps Milk
1/4 tsp Cardamom powder

Preparation:

Soak almonds overnight in water.
In the morning blanch the almonds, remove the skins and grind well with milk.
Grind the sugar till it is very fine and soft.

Method:

Take 1/2 the sugar and 1/2 the water and make a one strand syrup, flavour with cardamom powder.
Add the almond paste to the syrup and cook over a medium flame, stirring until the mixture leaves the sides of the pan and forms a ball.
Remove and cool slightly, make lime sized balls.
Use the ground sugar to dust the board.
Roll out the balls into 2 inch rounds.
Place half of them on a baking tray and moisten them lightly with water.
Cut designs on the other half and place them on top of the ones in the tray.
Bake in a very slow oven until dry. Do not brown, they must remain white.

ZSM Cookbook

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Courtesy NGO Dohara



M

Rajeshwari Kalyanam

ALLIDA LADDOO

Ingredients:

Wheat flour

Sugar based on preference

Pure ghee

Elaichi powder for flavour

Method:

Knead a dough of wheat flour and let it rest for 15 mins.

Now make balls to roll out the chapatis.

Roast the chapatis on the tawa using pure ghee or the asli ghee.

Crush the chapatis nicely with hand; add sugar, some more ghee and elaichi (cardamom) powder. Mix well and roll out the laddus.

Mallida laddus are delicious nutritious.

Traditionally you can use jaggery instead of sugar and add cashew, almonds to make them richer.

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