

## Burfi (Fudge)

A traditional Indian sweet / dessert relished all the year round.

### Ingredients:

- soybeans ( soaked overnight &blanched)
- Ghee (clarified butter)
- Soy milk / whole milk
- Sweetener ( sucrose tablets –powdered)
- Almond and Pistachio flakes
- Cardamom powder



### Method:

1. Rub the blanched beans hard to remove the husk.
2. Grind them into a thick fine paste in a mixer using as little water as possible.
3. In a non -stick wok, mix the bean paste n ghee and roast over a low flame till light golden or till the paste leaves the sides of the wok. The mixture will have to be constantly stirred to avoid sticking to the wok.
4. Now add milk to the roasted mix – just enough to make it of a pouring consistency and remove from the fire.
5. Fold in the sweetener, cardamom powder and almond / pistachio flakes if desired.
6. In a greased tray, pour the mixture and leave to set.
7. Garnish with remaining dry fruit flakes and cardamom powder.
8. Once set, cut it into squares/ desired shapes and serve.

### Suggestion:

This versatile recipe can be tried with a variety of dals and legumes. Comes out exceptionally well with black gram , green gram and even peas. Similarly dried rose petals / roasted poppy seeds/ cashew or any dried fruit of choice can be added for different flavour ; as would fit into the KD ratio.