

Coconut Laddu



Diwali is the biggest and most celebrated festival in India. It is the festival of lights and symbolizes the victory of good over evil. No Diwali celebration is complete without *mithai* (sweets in Hindi). During Diwali, you see mounds of colourful *mithais* in the market. People give *mithai* to friends, family and neighbors, like gifts are exchanged during Christmas.

One of the favorite *mithai*'s especially amongst kids is *laddu*. They are ball-shaped sweets of different types that are typically made of flour, milk/cream, spices, nuts, sugar and other ingredients that vary by recipe.

Here is the recipe of *nariyal ka laddu* or coconut *laddu*.

Ingredients:

- 1 tbsp *ghee* (clarified butter, use unsalted butter as an option)
- 2 cups dried powdered coconut (unsweetened)
- 1/2 tsp cardamom powder
- 1 can condensed milk

To Decorate:

- Dried rose petals
- Crushed pistachios
- Dried coconut powder

Steps:

- 1) In a heavy bottomed pan, add *ghee* and then the grated coconut. Roast for a minute.
- 2) Add condensed milk and cardamom powder. Cook over low flame stirring it continuously for about 5 minutes.
- 3) When the mixture leaves the sides of the pan, remove from flame and let it cool down for about 15 minutes.

4) Apply *ghee* on your palm and shape the mixture into small *laddus*.

Let the kids roll each *laddu* in into a decoration of their choice. Make sure the decoration coats well onto the *laddu*. Experiment with other decorations.

This recipe was contributed by Anu Sehgal, the Founder and CEO of The Culture Tree. Born and raised in India, Anu grew up surrounded by traditional Indian cuisine. She has developed her own simple recipes of healthy vegetarian dishes that are inspired by South Asian spices and ingredients. She leads cooking sessions for kids and adults and has taught several culinary segments through her program.

The Culture Tree provides South Asian themed educational and cultural programs that enrich the lives of children and their families and promotes a deeper connection with their roots and the world around them.

More information at www.TheCultureTree.com

