DietCloud – Recipe

Recipe Name: Coconut Ladoo Stuffed With Pistachios Recipe

Diet Type:

Course: Snack

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Condensed Milk • 1 cup Dessicated Coconut - plus a few more tablespoons for rolling • 1 tablespoon Rose water - optional • 2 tablespoons Pistachios - ground • Ghee - to grease palms when rolling ladoos	10

Preparation

• To begin making the Coconut Ladoo Stuffed With Pistachios, firstly grind the pistachios into a fine powder, place it in a bowl and set it aside for later use.
• Next, in a non stick pan, pour the condensed milk and desiccated coconut.
• Turn the heat down to low and cook it, stirring continuously.
• In about 5 minutes (or less, sometimes) the mixture will begin to turn thick almost like a dough.
• If you are adding in the rose syrup, now is the time.
• Once the mixture reaches dough like consistency, you can stop cooking it.
• Add rose syrup and mix uniformly.
• Take the mixture off the heat and let it rest for until cools down a bit and is easier to handle with your bare palms.
• Grease your palm well with ghee or butter.
• Pinch a lemon sized coconut ladoo dough mixture and press it well between your palms and then roll it into a rough round ladoo.
• Flatten the ladoo dough slightly and make an depression in the center with your thumb.
• Add a teaspoon of ground pistachios to the centre.
• Roll once again, encasing the ground pistachio inside the coconut laddoo, into perfect rounds.
• Finally, roll the ladoo in desiccated coconut and set it aside.

- Repeat until you have used up all the coconut ladoo dough.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)