DietCloud – Recipe

Recipe Name: Gujarati Adadiya Ladwa Recipe - Urad Dal Halwa with Nuts & Spices

Diet Type: Vegetarian

Course: Dessert

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Urad Dal Flour - coarsely ground to a flour • 2 cups Ghee - + 1/4 cup ghee • 1/2 cup Milk - lukewarm • 1 cup Sugar • 1-3/4 cups Khoya (Mawa) - crumbled • 2 tablespoon Gond (natural gum) - shallow fried in ghee and crushed • 1/4 cup Raisins - chopped • 1/3 cup Cashew nuts - chopped • 1/2 cup Badam (Almond) - chopped • 2 tablespoons Pistachios - chopped • 4 tablespoons Dry ginger powder • 2 tablespoons Cardamom Powder (Elaichi) • 2 tablespoons Cinnamon Powder (Dalchini) • 2 tablespoons Cloves (Laung) - powdered • 1-1/2 tablespoon Black pepper powder • 1 1/2 tablespoon Peepramul powder (ganthoda) • 2 Badam (Almond) - sliced or pistachios will also do for garnishing	4

Preparation

• To begin making the Gujarati Adadiya Ladwa Recipe, sieve the flour in a broad flat dish.

• Sprinkle the lukewarm milk and ghee over the flour a little at a time.

• With gentle palm pressure of both hands, combine the flour along with the ghee and milk until well combined.

• The mixture should be such that it should form a lump when you hold it firmly with closed fist.

• Cover it and keep it in a warm place for at least 3 hours.
• The purpose of this is to let the flour bind well together.
• After 3 hours have passed, gently crumble the mixture and then sieve it in a medium sized sieve.
• If you don't have a sieve crumble it between your palms until the mixture feels like coarse crumbs.
• Keep aside.
• In a sauce pan add 1 cup of water and prepare sugar syrup of less than 1 thread consistency and keep aside.
• The purpose of preparing the syrup first is that it cools down before you finally pour it over the hot Adadiya Ladwa mixture.

• Stir in the crumbled khoya and continue to saute on low heat.
• Gradually add a little ghee at a time and keep stirring the mixture until you get a roasted aroma.
• The mixture you have turned a light golden brown.
• At this stage add in the chopped nuts, raisins and continue to keep stirring.
• You will notice that that ghee begins to leave the sides of the pan.

• Finally add the almonds, pistachios and the rest of the spice powders.
• Stir all ingredients until well combined and turn off the heat.
• After about a minute, stir in the sugar syrup to the above ladva mixture.
• Spread the mixture into a flat dish and allow it to cool completely (8 - 10 hours or overnight).
• After it has cooled completely, stir the mixture once again and check if you need any more additions to suit your taste.
• Shape the ladva mixture into balls or a desired shape.
• Garnish with finely sliced badam and pistachios.
• You can store the Gujarati Adadiya Ladwa for upto a month in the refrigerator in an airtight container.

Macronutrients

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