

Recipe Name: Indian Festive Sweet Rice And Jamun Bhog Recipe

Diet Type:

Course: Dessert

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
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| • 1/2 cup Govind Bhog Rice | 4 |
| • 1 cup Sugar | |
| • 1 1/2 cups Water | |
| • Rose water - a few drops | |
| • 1 teaspoon Cardamom Powder (Elaichi) | |
| • 2 Bay leaf (tej patta) | |
| • 2 teaspoon Ghee | |
| • Saffron strands - for garnish | |
| • 200 grams Paneer (Homemade Cottage Cheese) | |
| • 3 tablespoon All Purpose Flour (Maida) | |
| • 3 tablespoon Caster Sugar | |
| • 1 Cardamom Powder (Elaichi) | |
| • 3 tablespoon Ghee | |
| • Saffron strands - a few | |
| • 1 cup Sugar | |
| • 1-1/2 cup Water | |

Preparation

- To make the Indian Festive Sweet Rice And Jamun Bhog recipe, first we will prepare the sweet rice so let's wash the rice and soak for 10 minutes.
- Heat a large heavy bottomed saucepan with ghee and fry the rice.
- Add green cardamom and bay leaf.
- Pour in water, rose water and sugar and let the rice cook on medium to low flame.
- Once the rice is cooked completely spread on a plate to cool.
- Drain any excess water in the rice if there is any.
- Sprinkle Kesar all over the rice.



- Now let's make the sugar syrup for the jamuns.
- The mixture should become smooth.
- Meanwhile, heat ghee in a frying pan and fry the mini jamuns till golden brown in few at a time and transfer in hot sugar syrup.
- Let it rest for 15 minutes.

Macronutrients

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