

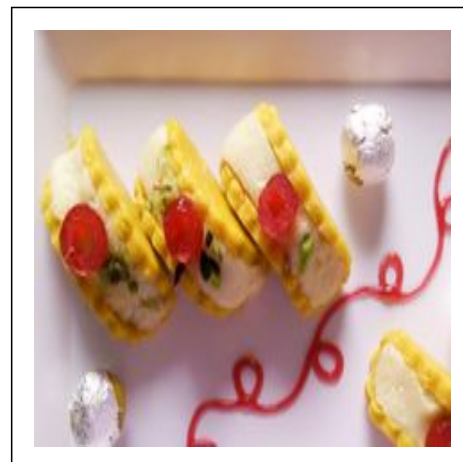
Recipe Name: Stuffed Half Moon Shaped Kaju Burfi Recipe

Diet Type:

Course: Dessert

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 110 grams Cashew nuts - powdered	4
• 15 grams Oats Flour	
• 1 Saffron strands - few	
• 1/4 teaspoon Rose Essence	
• 50 ml Water	
• 75 grams Sugar	
• 1/4 cup Water	
• 30 grams Dessicated Coconut	
• 80 grams Paneer (Homemade Cottage Cheese) - crushed	
• 3 tablespoons Milk Powder	
• 1 tablespoons Cashew nuts - powdered	
• 1-1/2 tablespoons Oats Flour	
• 1 tablespoons Sugar	
• 25 grams White Chocolate - melted	

Preparation

- Heat 50 ml of water in a sauce pan, add coconut and paneer and cook for 2-3 minutes.
- Add milk powder, cashew and oats powder, mix well.
- Now add sugar and chocolate and mix well.
- Keep stirring until the stuffing comes together in the form of a dough.
- Once it comes away from the sides of the pan, keep aside to cool.
- To begin making the kaju katli/ burfi, heat a pan, add water and sugar and let it boil till you get a two thread consistency.



- Stir well vigorously in the sugar mixture till you get the dough like consistency.
- Grease your hands and the rolling pin to help in easier rolling.
- Place the dough on a sheet of wax/ butter paper and roll out the kaju burfi/ katli to the desired thickness.
- Cut the rolled out kaju burfi into circles with the cookie cutter or into your desired shape.
- While it's still warm, gently shape each circle in to half moon.
- Spoon in some of the filling and shape it well.

Macronutrients

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