

Recipe Name: Sooji Manpasand Burfi Recipe - Semolina Coconut Fudge

Diet Type:

Course: Dessert

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Sooji (Semolina/ Rava)	10
• 1 cup Fresh coconut - grated	
• 1 cup Milk	
• 2 cups Sugar	
• 3/4 cup Ghee	
• 1/2 teaspoon Cardamom Powder (Elaichi)	
• 1 pinch Saffron strands	
• Slivered Almonds (Badam) - (optional)	

Preparation

- To begin making Sooji Manpasand Burfi Recipe, in a large kadai or thick bottomed deep pan, mix all the ingredients; suji, coconut, milk, sugar, ghee and saffron.
- Grease a pan or tray with ghee and keep aside.
- After 2 hours, start cooking the suji mixture on medium high heat and let it come to a boil, stirring constantly.
- Keep cooking, stirring and scraping the sides continuously.
- You will notice that after 15 to 20 minutes, the mixture will start to thicken.
- At this point, stir in crushed cardamom powder.
- Once it starts leaving the sides of the pan and starts to form a thick fudgelike dough; in about 35 to 40 minutes, pour the mixture into the greased pan.
- Spread evenly with a greased spatula and stud with slivered almonds (optional).
- Leave aside to cool.
- When warm, cut into desired shapes with a sharp knife.
- Store in an airtight container and serve when needed.



Macronutrients

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