DietCloud – Recipe

Recipe Name: Baked Modak and Karanji / Gujiya Recipe

Diet Type:

Course: Dessert

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cup All Purpose Flour (Maida) • 2 tablespoons Ghee • Salt - Pinch • Water - as required • 1 cup Dessicated Coconut • 1/3 cup Sugar - powdered • 1/4 cup Sooji (Semolina/ Rava) • 1/4 cup Cashew nuts - cut into small pieces • 2 tablespoons Ghee • 1 teaspoon Cardamom Powder (Elaichi)	2

Preparation

• To begin making the Baked Modak and Karanji recipe, first make the dough by mixing together maida, ghee and pinch of salt.
• Add water little at a time, till you get nice dough like chapati dough.
• Knead it well, cover it with wet cloth and keep it covered for 10 minutes.

• On a skillet, melt ghee and fry sooji until fragrant.
• Add coconut and fry for around a minute or until it slightly changes its colour.
• Add sugar, mix and cook on low flame for around a minute.
• Add dry fruits and cardamom powder.
• Mix everything well and cook for another minute and switch off the stove.
• Keep the mixture for cooling.

• First make small balls out of dough.

- Size of a golf ball.
- Roll them one by one with rolling pin to make thin discs.
- Keep these discs covered with moist cloth or moist kitchen paper towel to keep them moist.
- For karanji, place a spoon full of the filling at the centre of each disc and fold the circle in a half-moon shape and with the help of fork, press the folded side to make nice design.
- For making modak, the same process but hold the disc on your left palm in the shape of a bowl and just place the filling in the centre of the disc and merge all the sides of the disc to make in the shape of a fresh fig.
- After you make all the karanjis and modaks ready, lets bake them.
- Place them on the baking trays lined with greased aluminium foil (Greased with little ghee).

- Bake them at 350 degree Fahrenheit preheated oven for 20 minutes.
- After every 10 minutes, flip them and bake on the other side.
- After 20 minutes, remove and keep on the cooling rack.
- Once cooled down completely, store in the air tight container.

Macronutrients

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