

Coconut Barfi



Ingredients:

10 Saffron Strands

6 Green Cardamom Pods, seeds only

100g Desiccated Coconut plus extra to coat

7 tbsp. Condensed Milk

Directions:

1. Soak the saffron threads in half a teaspoon of warm water and crush the cardamom seeds in a mortar and pestle. Blitz the coconut in a processor to a coarse powder.
2. Pour the condensed milk into a small, preferably non-stick pan about 18cm in diameter and set it over a medium heat. Warm it for 2 minutes, then stir in the saffron and its water.
3. Sprinkle in the cardamom and stir for 1 minute, then add the coconut, incorporating it thoroughly and quickly into a thick, sticky paste.
4. Stir continuously until the mixture pulls away from the sides of the pan in a ball.
5. Remove from the heat and cool until it is comfortable to touch. With wet hands, take small pieces of the mixture, each about the size of a large hazelnut, and roll into a ball.
6. Dredge each ball in coconut powder to coat it well. It can now be eaten or stored in an airtight container for up to 2 weeks.

Nutrition:

Yield: 15 pieces

Prep Time: 20 mins **Cooking Time:** 10 mins



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