

## Indian recipes

### Sweets enough to eat!

Some of the women taking part in the MRDF-supported project in India supplement their family's income by making and selling delicious sweets – often using some of the things they have grown themselves. Have a go at these easy-to-make, typical Indian sweets for your Harvest festival.

### Kopra Pak

#### Ingredients for 16-20 sweets

200g/8oz of desiccated coconut (unsweetened)

150g/6oz of dark sugar

150g/6oz of white granulated sugar

3 tbsp cream

½ tsp grated nutmeg

Seeds of 4 cardamom pods, crushed

1-2 tsp vanilla essence

You will also need petit four cases.

#### Method

1. Soak the grated coconut in water for 20 minutes, strain and press out the excess liquid.
2. Add the grated coconut to a heavy bottomed pan and heat over a medium heat for 5 minutes, stirring frequently.
3. Add the sugar, stirring constantly, for 5 minutes.
4. Add the cream, nutmeg, cardamom and vanilla essence. Blend well and continue stirring frequently until the mixture becomes thick and forms a big lump. It may take up to 20 minutes.
5. Allow this mixture to cool in the pan until you can handle it.
6. Form the mixture into small balls, about 2cm (¾") in diameter and place each in its own petit four case.
7. Allow to cool completely, and set a little more, before serving.
8. Store any left in an airtight container.

### Carrot Burfi

#### Ingredients for 16-20 sweets

200g grated carrots

200ml evaporated milk

130g desiccated coconut

270g white, granulated sugar

50g broken cashew nuts (optional)\*

You will also need petit four cases

### Method

1. In a small pan, simmer the evaporated milk with the sugar until all the sugar has dissolved. Let it simmer for 10-15 minutes, stirring continuously.
2. Heat the grated carrot in a heavy bottomed pan to dry it, stirring frequently, for 10-15 minutes.
3. Add the grated carrot and coconut to the milk and sugar and continue to heat over a medium heat until the mixture becomes thick and forms into a lump (about 15 minutes).
4. Add the optional cashew nut pieces\* and continue to heat for a further 3-5 minutes.
5. Remove the pan from the heat and allow the mixture to cool until you can handle it.
6. Form the mixture into small balls, about 2cm (¾") in diameter and place each in its own petit four case.
7. Allow to cool completely, and set a little more, before serving.
8. Store any left in an airtight container.

### Fruity and refreshing

Lassi is a traditional Indian drink that can be made in a variety of savoury, spicy and sweet flavours. These easy fruit versions use things grown by the participants of the project MRDF supports in India. The quantities given here will serve four:

### Ingredients - for plain lassi

- 300g ice cubes, crushed well
- 300ml ice water
- 300g natural yoghurt
- 2-3 tsp honey (optional)
- 2 tbsp ground pistachio nuts (optional, to garnish)\*

#### To make banana lassi add

- 4 very ripe bananas, peeled and roughly chopped
- ½ tsp ground nutmeg

#### To make mango lassi add

Flesh of 2 large mangoes (you can substitute with tinned mango pieces or pulp)

You will also need a jug or bowl-style blender; a hand-blender is more difficult and not advised.

### Method

1. Combine all the ingredients in a food processor or liquidiser and blend until smooth.
2. Serve immediately.
3. Sprinkle with ground pistachio if desired.\*

Why not serve Indian sweets and lassi at a Lots of talent auction?  
See page 10 of the *Enriching Harvest* booklet.

\*Nuts are optional in these recipes, but if you include them ensure you warn people who may have nut allergies.