

Recipe

Coconut Burfi

By

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Ingredients

- 1¾ C sugar
- 1/3 C water
- 2½ C packed fresh grated coconut
- ½ Tsp cardamom powder
- 2 Tbsp ghee

Preparation

1. Combine the water and sugar in a saucepan over moderate heat. Bring to a boil and simmer. Stirring often cook until it reaches 2-3 thread consistency. (Check the consistency by placing a few drops of warm syrup between your thumb and index finger. Slowly release the finger apart, and if the syrup forms into 2-3 threads then you have reached the right consistency. Otherwise, cook more till the desired consistency).
2. Add the coconut and cardamom and cook stirring for 15-20 minutes or until the mixture turns sticky. Add ghee and mix well.
3. Transfer the coconut mixture to a greased plate/tray and spread evenly. When warm, cut in square pieces and allow to cool completely.

** As this sweet doesn't have any milk products so it can be stored upto 2-3 weeks.

Serves

10-12 servings

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