

Gur Para Recipe

Written by Friends' Contribution

Sunday, 10 July 2016 00:00 - Last Updated Thursday, 28 July 2016 08:21

Ingredients

Quantity	Measure	Ingredients	Description
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Method

Assemble all the ingredients on the kitchen table.

In a pan add saunf and dry roast until light brown in color. Set it aside.

Sift flour and baking soda together. Add roasted saunf and pour ghee in the center.

Gradually work on the flour till mixture is crumbly. Use fingertips to rub ghee evenly into flour.

Spoon by spoon add enough water to form a soft and pliable dough.

Cover and let the dough sit for 30 minutes.

Heat oil/ghee in a kadai.

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Make a large ball out of the dough and roll it into thick chapati. Cut into diamond cubes and..deep fry until crisp and dark brown in color.

When all paras are fried, crisp and golden paras...mix gur and water in a separate pan.

Bring it to a boil.

Gur/jaggery burns very fast, so do not leave the syrup unattended and keep stirring it continuously. Till it is reduced to half its quantity.

Remove from flame... mix in fried para(s) and keep mixing. Until all the para(s) are coated in gur syrup.

Spread them on big plate and allow them to cool down completely. Since the gur-paras are sticky, I like to toss all the para(s) in dry gur powder.

Dust the extra gur and store them in an air-tight container at room temperature.