

Ingredients

Quantity:	Measure:	Ingredients:	Descrip
0.5	Teaspoon	Cardamom Powder	
10	Nos	Pista	diced
3	Drops	Food Colour	
300	Grams	Sugar, White	
500	Grams	Mawa (Khoa), Chhena	

Method

500 gms. khoya (mawa)

300 gms. sugar

3 drops colour as required

8 to 10 pistas sliced

1/2 tsp. cardamom powder

cookie mould

Grate khoya. Powder sugar. Mix together in a skillet.

Heat on low flame, stirring continuously.

Cook till mixture thickens. It should form a very soft lump.

Cool for 10 minutes. Add cardamom powder & colour. Mix well.

Take a small fistful of mixture. Form a ball. Press into the cookie mould.

Turn out carefully . Press 2-3 slices of pista on the centre .

Repeat for remaining mixture .

Note on khoya.

Khoya is available in most Indian sweetmeat stores anywhere.

Making at home consumes time but isn't that difficult.

Boil milk on high flame in a large heavy saucepan till water evaporates , leaving a soft lump. Stir frequently while cooking.

OR Substitute with 1 tin (400 gms.) condensed milk and 1 cup milk.

Lessen sugar by 1/2. Boil till a soft lump is formed. Stir continuously while cooking.

Serves: 36 pieces

Time required: 1/2 hr.

Shelf Life: 15 days
(refrigerated)