

Atte Ke laddoo Recipe

Ingredients

- Wheat flour: 500 grams
- Karara (a form of sugar): 400 grams
- Pure ghee: 450 grams
- Almonds: 2 tbsp
- Cashew nuts: 2 tbsp
- Melon seeds: 1 tbsp
- Pistachios: 2 tbsp
- Raisins: 2 tbsp
- Cardamom powder: 1 tsp



Directions

- Chop almonds, cashew nuts and pistachios coarsely.
- Heat a thick-bottomed pan. Add pure ghee and let it melt on low flame. Add wheat flour and keep stirring frequently on low flame for about 30 to 45 minutes until ghee separates from the flour and start accumulating on the sides and top.
- The cooked flour will start giving a nutty fragrance. Add almonds, cashews, melon seeds, pistachios, raisins and cardamom powder. Mix well and keep stirring frequently on low flame for another 10 minutes.
- Turn off the flame and transfer the mixture in a big plate to cool. When the mixture cools down, add karara and mix well with your hands. In winter, add karara when the laddoo mixture is slightly hot otherwise it will be difficult to make laddoos in round shape due to the hardened pure ghee in the mixture.
- In summer, wait till the mixture gets completely cool. Now take lemon size portions out of the mixture one by one and give them a round shape pressing by rolling them in between both of your palms.
- Shape all the laddoos round and collect them in a big plate. Store them in an airtight container. They will remain fresh for 15 days.