

Global Eats!

Laddoo

Laddoo is a traditional sweet of India, often eaten at a celebration for the birth of a child or during the Diwali holiday.

Prep time: 15 minutes

Cook time: 15 minutes



Ingredients:

- 1 cup wheat flour
- ½ cup ghee (clarified butter)
- ¾ powdered sugar
- ½ teaspoon cardamom
- 2 cloves
- Pistachios, minced

Preparation:

- Simmer ¼ cup ghee on medium heat with cloves.
- Turn down heat to low and add wheat flour. Fry for ten minutes.
- Add sugar, cardamom and ¼ cup ghee and continue to fry five minutes.
- Turn off heat and let mixture cool.
- Now you're ready to make the laddoo: roll laddoo into balls and use remaining ghee as needed for binding.
- Cool laddoo to room temperature.

