



Holi Special: Gujiya Dessert



Serves 4-5

Recipe by Pooja Dureja, Indian Culture



60 minutes

One of the most cherished sweets during Holi is Gujiya, a deep-fried pastry filled with a milk powder, desiccated coconut and nuts. This delicacy is especially popular in the northern regions of India.

INGREDIENTS

- 2 cups all-purpose flour
- 1/4 cup ghee (clarified butter)
- A pinch of salt
- Water (as needed to form a soft dough)
- For the filling:
- 1 cup milk powder
- 1/2 cup powdered sugar
- 1/4 cup mixed nuts (cashews, almonds, pistachios), raisins chopped
- 1/4 cup desiccated coconut (optional)
- 1/2 teaspoon cardamom powder

DIRECTIONS

1. Prepare the Dough: In a mixing bowl, combine the all-purpose flour and a pinch of salt. Add the ghee and mix until the mixture resembles breadcrumbs. Gradually add water to form a soft, elastic dough. Cover and let it rest for 30 minutes.
2. Prepare the Filling: Mix in milk powder with in powdered sugar, chopped nuts, desiccated coconut (if using), and cardamom powder.
3. Shape the Gujiya: Divide the dough into small balls. Roll each ball into a small disc. Place a teaspoon of the filling in the center of each disc. Fold the disc over the filling to form a half-moon shape. Press the edges together and seal, crimping them decoratively.
4. Fry the Gujiya: Heat oil in a deep frying pan over medium heat. Fry the gujyas until they turn golden brown on both sides. Remove and drain on paper towels to remove excess oil.
5. Serve: Allow the gujyas to cool to room temperature before serving. They can be stored in an airtight container for up to a week.



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