

## **Karanji**

**Recipe submitted by Manish Paranjpe, Fourth Grade (with help from a parent)**

**Nationality/Ethnicity – Indian**

### **The Story Behind the Recipe**

It is November in India and everybody is celebrating the festival of Diwali. People are lighting fireworks in their yards.

I had been asking my mom to make this delicious traditional sweet that is eaten during Diwali. So she decided that I could help her make it. The sweet is called Karanji. It is a pastry filled with sweet stuffing. I have tasted many styles and I thought my mom's was the best. We started off by getting all the ingredients to make the dough and the stuffing. My mom rolled out the dough into small, flat circles and I filled them with the stuffing. Once they were filled, my mom fried them. I could not wait to take a bite!

Then we sat down for dinner. My mom had cooked many dishes and the aroma was wonderful. The crescent-shaped sweet was mouth-watering. My mom and I really enjoyed eating this because we knew it was a tedious job to make this sweet. As I took my first bite, I could smell the flavor of the spices and taste the coconut stuffing. It was delicious, so soft and chewy! I wish I could have this every day instead of just once a year.

### **Ingredients:**

#### Dough

- 1½ cups plain flour
- ½ cup fine semolina
- 4 teaspoons oil
- 1 cup warm milk
- Oil for frying

#### Stuffing

- 1 cup sweetened coconut flakes
- ¾ cup sugar
- ½ tablespoon poppy seeds
- 4-6 cardamom pods
- 2 tablespoons whipping cream

### **Preparation Directions:**

#### *Dough*

In a large bowl combine the flour, semolina and milk. Knead the dough until stiff. Keep covered for 4 hours.

### *Stuffing*

Shell the cardamom pods and remove the seeds. Pound into a fine powder. Heat a pan, add the coconut, cream and sugar. Mix well. Cook on medium heat, add cardamom powder and mix well. Remove from heat and let it cool.

### *Dough*

Separate the dough into 30 equal parts. Roll into a ball. On a flat surface, flatten the balls using a rolling pin, flatten the balls into circles about 3 inches in diameter. Place 1 to 2 teaspoons of the stuffing in the center of the circle. Fold into a semi-circle shape and squeeze the edges. Heat oil in a frying pan. Fry each karanji until golden brown. Leave to cool.