

## Orange scented Gulab Jamun

### Ingredients

- 375 grams Sugars, powdered
- 250 milliliters Water, bottled, generic
- 1 teaspoons Orange Essence
- 300 grams Wheat flour, whole-grain
- 1 teaspoons Leavening agents, baking powder, low-sodium
- 200 grams NESTLÉ® full cream sweetened condensed milk
- 1 pinches Spices, nutmeg, ground
- 4 tablespoons Butter, Clarified butter (ghee)
- 20 grams Nuts, coconut meat, dried (desiccated), toasted
- 1 teaspoons Leavening agents, baking soda

### Instructions

1. Make a thin syrup, by boiling the sugar and water together for a few minutes, allow to cool then stir in the orange essence.
2. Sift together the dry ingredients into a bowl and stir in enough of the condensed milk to form a soft dough.
3. Shape the dough into small sausages approximately 2cm ( $\frac{3}{4}$ " ) in length then fry gently in a pan of hot oil. You should aim to cook 3-4 jamuns at a time as they expand during cooking. Do not allow the oil to over heat as the jamuns will cook too quickly on the outside but not be cooked through in the middle. One of the top tips for perfect Orange Scented Gulab Jamuns is to make sure you shape the jamuns properly before frying otherwise they could split open. Make sure you grease your hands before rolling them into shape and fry them immediately.
4. Drain the jamuns on kitchen paper then place into the orange syrup. Serve hot or cold with toasted coconut, to finish.

### Nutrients

Carbohydrates	23.88
Energy	228.82
Fats	14.44
Protein	1.81

30 Minutes

30