Gujiya
(Sweet Milk, Fruit and Nut Dumpling)

Difficulty: Medium

Servings: 20 – 22 pieces

Preparation Time: 45 mins

Cooking Time: 90 mins

Ingredients

Filling

10g Ghee

20g Desiccated Coconut

20g Whole Roasted Almond

20g Whole Roasted Cashew

45g Golden Raisins

120g Sugar

180g Mawa/Khoya (Milk Solid)

50ml Fresh Milk

2 Pinches Cardamom Powder

2 Pinches Nutmeg Powder

Dough

2g Salt

25g Liquid Ghee

250g Plain Flour (with excess for dusting)

120ml Water

1.5 Litres Cooking oil

Methods

Methods for Pastry

1. In a mixing bowl, add plain flour, salt and liquid ghee.

2. Add water, a little at a time. Mix and knead to form dough.

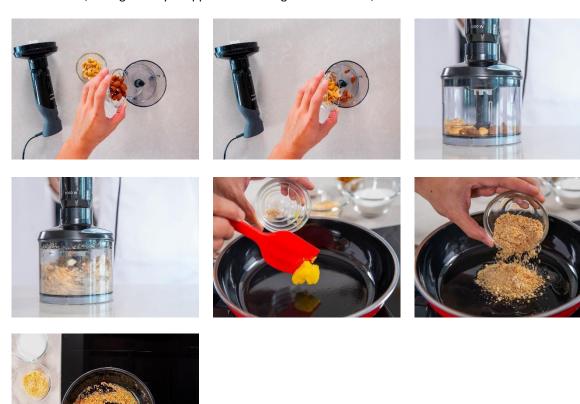3. Cover dough with damp cloth to prevent it from drying. Set aside for 40 minutes.

Methods for Filling

4. Into your hand blender mixing beaker, add almond and cashew, and finely chop together. In pan over medium-heat, melt ghee. Fry chopped nuts till fragrant and brown, for about 2 minutes.

5. Add desiccated coconut, sugar, cardamom powder and nutmeg powder, and fry for about another 2 minutes. Add golden raisins, mix well, and remove from heat.

6. In a separate pan over medium-heat, break milk solids into smaller pieces, and brown for about 5 minutes. Add fresh milk. With your hand blender, blend mixture directly in pan until well combined. Add more milk to achieve your desired smooth consistency.

7. Add fruit and nut mixture into milk mixture. Stir until well mixed. Leave aside for later use.

Methods for Gujiya

8. Line tray with baking paper. Portion rested dough into balls, each about 30g in mass. Dust table with excess flour. Roll each ball into sheet of about 10cm in diameter.

9. Dust pastry mould (8cm diameter) with excess flour. Place pastry sheet onto mould. Place 1 tablespoon of filling in the centre. Press to seal and remove excess edges. Place sealed dumpling on lined baking tray.

10. In a pan over medium-heat, heat up cooking oil. Medium heat prevents undercooking, while giving a nice crisp. Fry sealed dumpling, a few at a time until brown, for about 6 to 7 minutes. Serve and enjoy.