

Badam Burfi



Ingredients:

½ cup + 1 tbsp granulated white sugar
¼ cup Water
1¼ tsp Rose Water
¼ tsp Cardamom powder
1 cup Almond flour
1 tsp Ghee
Sliced Almonds to garnish

Directions:

To a pan add sugar, water, rose water and cardamom powder on medium heat. Stir and let the sugar dissolve and mixture come to a boil. As soon as the mixture starts boiling, add the almond flour. Lower the heat to "low" and then use a whisk to mix everything together so there are no lumps. Add the ghee and mix. Keep stirring the mixture using a spatula on low heat. After around 5 minutes, it will start leaving the sides of the pan. However here, you have to cook the mixture until you are able to form a non-sticky ball from the dough. It takes around 9 minutes on low heat to reach that stage. The most important thing here is to test if mixture is ready to set like a burfi. If you do not cook it until the desired consistency then burfi will be super soft and won't have a bite to it. To check, take a small piece of dough and see if you are able to form a ball. The ball should be non-sticky, this is important. If you can make a non-sticky ball, dough is done (took me 9 minutes on lowest heat). If not, cook for more time. Transfer dough to a sheet of parchment paper. Let it cool for couple of minutes, then grease your hands with ghee lightly and knead the dough. If it looks too dry, sprinkle some water and knead to a smooth dough. Place another piece of parchment paper on top. And roll the dough between two sheets of parchment paper to around 1/8 inch thickness. Cut into squares. Garnish badam burfi with sliced almonds. Burfi would stay good in the refrigerator for a week to 10 days!