

Gond ke laddoo (Rajasthan cuisine)



Gond is an edible gum, extracted from the bark of a tree. Pale, brownish yellow coloured crystals of gond are easily available in shops. Gond is a heat-giving food that is combined with jaggery and heartily devoured in Rajasthan during the winter months in the form of Rajasthani gond ke laddu. Gond laddoo is often given to lactating mothers as it is considered as a galactagogue.

Servings: 4 laddoo

Ingredients

For Gond Ke Ladoo

- 1/4 cup edible gum (gond)
- 3/4 tbsp chopped almonds (badam)
- 3/4 tbsp chopped pistachios and cashew nuts
- 3/4 tbsp raisins (kismis)
- ghee for deep-frying
- 3/4 cup grated dry coconut (kopra)
- 1/2 cup of chopped jaggery (gur)
- 1/8 cup dry dates (kharek) , deseeded
- 3/4 tbsp roasted poppy seeds (khus-khus)



Mind Your Fitness!

Method

For gond ke ladoo

- Heat 1 tbsp of ghee in a non-stick kadhai, add the almonds, pistachios, raisins and cashew nuts and saute on a low flame for 1 to 2 minutes. The nuts will turn golden brown in colour.
- In another non-stick kadhai, heat ghee for frying. Add 1/4 cup of gond at a time and deep fry till it puffs up. Drain on absorbent paper.
- Then in a broad non-stick pan, add the dried coconut and dry roast on a low flame for 5 minutes or till it turns golden brown in colour. Keep aside.
- In another non-stick kadhai, heat the remaining 1 tbsp of ghee, add the powdered dried dates and roast on a medium flame for 5 to 6 minutes or till it turns brown in colour.
- In another non-stick kadhai, combine jaggery and 3 tbsp of water and cook till the jaggery melts. It should be cooked till one string consistency.
- Finally, in the bowl of dried nuts, add fried and crushed gond, roasted dried coconut, roasted and powdered dried dates, melted jaggery, roasted poppy seeds, cardamom powder and nutmeg powder and mix well with your hands.
- Divide the mixture into 4 equal portions and shape each portion into a round ball by rolling in between your greased palms.
- Serve or store in an air-tight container and use as required.