

# RASGULLAS | ROSOGULLAS | HOW TO MAKE RASGULLAS AT HOME

KUCH MEETHA HO JAYE?

Rasgullas need no introduction – signature from Bengal and one of the most loved sweet all over the country.

The lockdown has made us really so helpless and just to satisfy the sweet tooth, I had to try these super soft and melt in the mouth rasgullas.

I'm not sure about how authentic it is. But I'm sure you will definitely fall in love with the homemade version.

It's a no fuss recipe. It's made of pure chenna with nothing added which can be even consumed during fasts.

INGREDIENTS –

Milk – 1 litre

Lemon juice – 3 tbsp

Add 2 tbsp of water to lemon juice and keep aside.

Heat milk and let it boil stirring continuously.

Once the milk boils, switch off the flame and add the diluted lemon juice. Stir well.

You'll see the milk curdling. Add in more lemon juice if required. You'll see cheena(cheese) separating.

Cover and keep for 5 minutes.

Line a colander with muslin cloth. Strain the cheena and wash with cold water.

Now tie the ends of the cloth and hang for an hour to drain out the excess water.

## MAKING SYRUP

### INGREDIENTS –

Sugar – 2 1/4 cups

Water – 10 cups

Cardamom pods – 2

A few saffron strands

### METHOD –

In a wide pan, add sugar, water, saffron and crushed cardamom. Let the sugar dissolve.

We do not need any string consistency for rasgullas. Just sugar needs to dissolve.

## MAKING RASGULLA BALLS

Now take chenna in a wide plate, knead gently with the bottom part of your palm, above the wrist.

Knead till no chenna granules are left. Need to be smooth yet moist. Knead till the chenna releases fat and you are done.

Now make smooth round balls carefully. No cracks should be there else they will open when boiling.

I measured the balls equally using one tbsp measurement. You can decide the size according to your preference.

Just remember, the size will double as they get cooked in the syrup

## MAKING RASGULLAS

You'll see the syrup boiling, do not reduce the flame. We need to add the balls to the boiling syrup.

Cover and cook for 5 minutes. Keep the flame high and let the syrup boil continuously.

Stir and again cook covered for another 10 minutes.

Now transfer the rasgullas and the syrup to another bowl.

Let cool for 5-6 hours. The rasgullas will absorb the juices and make them spongy and juicy.

Ready to serve.

NOTES –

Use full cream milk for best results.

I've used cow milk here.

You can even use vinegar instead of lemon.

As the rasgullas are made with only chenna, you can have them during fasts as well.

Do not over do or under do the kneading else the balls will open up.

Just knead till your hands get greasy.

Quantity of sugar depends on your preference. First add 2 cups and boil. Once boiled, taste the syrup. If you feel the sugar is less. Add more or skip the rest.

Set a timer for 15 minutes when cooking the balls in syrup.

Do not add more balls in the syrup and crowd the pan. Do in batches.