

Kala Jamun / Black Jamun Recipe

Ingredients

For Khoya / Kova / Mawa:

- 1 tbsp ghee / clarified butter
- ½ cup milk
- ¼ cup thickened cream (optional)
- 1 cup milk powder

For Sugar Syrup:

- 1 cup sugar
- 1 cup water
- 3 cardamom, powdered
- 1 tbsp lemon juice



For Kala Jamun:

- ½ cup paneer, crumbled
- 1 cup khoya / kova / mawa
- ¼ cup maida / plain flour / all-purpose flour
- pinch baking soda
- 1-2 tbsp water / milk, as required
- oil for deep frying

For Stuffing:

- 2 tbsp almonds, chopped
- 2 tbsp cashews, chopped
- 1 tbsp saffron water
- pinch red food colour (optional)

Instructions (1 cup =255 ml)

1. Firstly, in a large mixing bowl take crumbled paneer.
2. Mash the paneer till it forms smooth dough.
3. Mash till the paneer forms smooth dough without any paneer particles.

4. Now add prepared khoya and mash well.
5. Furthermore, add maida and combine with paneer khoya mixture.
6. Add a pinch of baking soda and water or milk if required to get moisture.
7. Mix gently to form smooth dough.
8. Also prepare stuffing by mixing dry fruits and saffron water, colour with prepared dough. Make balls.
9. Firstly, take small ball sized dough and make ball.
10. And place the prepared dry fruit ball in centre.
11. Cover and seal the ball.
12. Heat the ghee on low flame and when the ghee is moderately hot, fry the jamuns.
13. Fry till the balls turns black.
14. Immediately, drop the hot kala jamuns into hot sugar syrup.
15. Cover the lid and rest for 2 hours.
16. Finally, serve kala jamuns when doubled in size.