

Cooking with



Weaving stories of hand knotted rugs,
Pakistani artisans & fair trade into our cooking.



Gulab Jamun

Gulab jamun are soft, delicious balls made of milk solids, flour & a leavening agent.

These are soaked in a sugar syrup and enjoyed warm or cold.

The word “Gulab” translates to rose in Urdu & “jamun” to berry.

When a rug comes off an artisan’s loom, there is cause for celebration. It’s the end of many months of work, culminating in a gorgeous final piece. Artisans celebrate with their village neighbors by sharing sweets. Gulab jamun are often part of this sweet mixture.

Our regular chef and Lahore native Yousaf Chaman will be joining us on Sunday but in a slightly different capacity. Here’s a hint... what happens when you make a cooking mess on top of one of your Bunyaad rugs?

Let Yousaf show you!

Makes approximately 30 delectable gulab jamuns

Ingredients

1 cup self rising flour OR a combination of 1 cup all purpose flour, 1 1/2 teaspoon baking powder & 1/4 teaspoon salt
2 cups dry whole milk powder (works much better than nonfat milk powder)
1/4 cup heavy cream, at room temperature
3 cups sugar
1 teaspoon rose water (if desired)
6 whole cardamom pods or 1 teaspoon cardamon seeds
5 cups water

In a mixing bowl, add the self rising flour or flour mixture and dry milk powder. Slowly add the heavy cream, 1 tablespoon at a time, and gently form the dough by mixing. It should be a stiff dough. If the dough is sticky, grease your palms with oil and gently mix. Do not knead the dough—it will make the jamuns hard. Cover the dough with a damp cloth. Let rest for 5 minutes.

In a saucepan, add the sugar, water and green cardamom pods, crushed, or cardamom seeds. Bring the mixture to a boil and let the sugar dissolve. When the sugar is completely dissolved, simmer over medium-low heat for 5 to 6 minutes. Remove the syrup from the heat and, if desired, add the rose water. Set aside.

Grease your palms and pinch a small amount of dough. Roll gently to form a small, smooth ball. In a heavy saucepan or Dutch oven, heat a few inches of oil over low heat. Slowly drop in 4 to 5 balls, depending on the pan size, and deep-

fry the jamuns until they turn golden brown. Using a slotted spoon, keep rotating them in the oil for even cooking and coloring. This will take about 4-5 minutes. The oil should not be very hot while frying the gulab jamuns. To test the oil, drop in a small piece of the dough. It will sink initially, but after 30 seconds or so, it will float up, and the color should not change. That's the right temperature. Let each jamun sit for 45 to 60 seconds, and then add the fried jamuns to the warm sugar syrup.

Repeat with the next batch of jamuns, frying them and then adding them to the sugar syrup. Let the jamuns soak in the sugar syrup for at least 2 hours. You can eat gulab jamun cold or warm. Put the jamuns in a serving bowl and drizzle the extra syrup on top. Garnish with almonds or pistachios and serve.

Gulab jamun usually stays good at room temperature for 4 to 5 days. You can refrigerate and freeze them, too. If you are refrigerating, you can reheat them in the microwave for 30 seconds and serve warm or bring them to room temperature and serve.



Grab Your Gulab Jamun Bundle

To make this Cooking with Bunyaad even more fun, purchase our Cooking with Bunyaad Gulab Jamun. The bundle includes: fair trade Cloud Forest Cardamom Seeds in a grinder, organic natural almonds, double dipping hand carved wooden measuring spoon and a hand painted black Tunisian serving dish or hand painted blue West Bank serving dish

It's the perfect experience to gift friends and family (and of course, to gift one to yourself too!)

Purchase bundle <https://marketplace.bunyaad.com>

**Grab quality fair trade coffee, mini mug rugs, hand painted mugs,
Burlap & Barrel spices, gifts & more online at the Bunyaad Marketplace
<https://marketplace.bunyaad.com>**

Learn more about Bunyaad, our fair trade rug collection and our many special events at www.bunyaad.com