

Potato Gulab Jamuns

Spud-stitution: this recipe uses potatoes instead of the traditional khoya (thickened milk) or paneer (Indian cottage cheese)!

For Gulab Jamuns

1 lb. (500 gm) Ontario Yukon Gold potatoes, about 2 medium
1 cup (250 ml) Carnation whole milk powder
¼ cup (50 ml) all purpose flour
¼ tsp (1 ml) baking soda
¼ tsp (1 ml) ground cardamom (for best results, shell whole pods and crush seeds)
A pinch of saffron strands
¼ cup (50 ml) 2% or whole milk
2 cups (500 ml) vegetable oil



For syrup

4 cups (1 litre) water
3 cups (750 ml) sugar
A pinch of saffron strands
½ tsp (2 ml) ground cardamom
1 tbsp (15 ml) slivered unsalted pistachios

Boil potatoes until tender. Cool and peel them. Set a box grater in a large mixing bowl and grate potatoes into bowl. Add milk powder, flour, baking soda, ground cardamom and saffron. Mix with a fork until fairly smooth. Add milk and knead with your hands until dough is smooth and slightly sticky. Cover loosely and let rest for 15 minutes.

To fry jamuns, warm oil in deep skillet over medium heat. (Frying the jamuns on medium heat is very important, as they need to cook through. If the heat is too high and they brown too fast, the center will be uncooked.) With damp or lightly greased hands, take about 2 teaspoonfuls of the potato mixture in your hands and shape into smooth balls. Make sure there are no cracks and balls are smooth. Gently slide in about 4-5 at a time so as not to over crowd the pan and to let them cook evenly. Spoon oil over top of balls occasionally to cook them properly.

Stand back a little when you deep fry, be careful! Let them brown evenly to a deep golden colour, about 7-8 minutes. Transfer to a paper lined plate. Repeat with remaining dough.

To make syrup, bring water and sugar to a boil in a large saucepan set over high heat. Reduce heat to medium-low and add saffron. Simmer uncovered for 20 minutes until syrup thickens slightly. Cool 15 minutes, then add ground cardamom and fried gulab jamuns. Stir gently to immerse gulab jamuns in the syrup, allowing them to soak for at least an hour before serving. Transfer to a bowl gently. Pour any syrup over top and garnish with slivered pistachios if desired. These delicious gulab jamuns may be served chilled or warmed up slightly. Leftover Gulab jamuns should be kept refrigerated.

Makes 18 - 20 jamuns