

Rosogullas

Ingredients

Milk – 1 litre (In the absence of cow's milk, I used toned milk with 3 % fat)

White vinegar – as given below

Maida – 1 tsp
Sugar – 2 cups
Water – 6 cups



Preparation

- Boil milk.
- Mix $\frac{1}{4}$ cup vinegar diluted with $\frac{1}{2}$ cup of water & simmer when the milk starts curdling.
- If the curdling is not complete, add 1 or more tsp of vinegar.
- When the clear liquid is visible, remove from fire.
- Rest for 15 mts.
- Strain out the whey using a clean muslin cloth..
- Fold all the 4 sides of the cloth & squeeze it very gently so that the whey gets completely drained out.
- Do it very gently 2, 3 times.
- Make sure all the water is drained out.
- Remove the chenna onto a clean plate & knead EXTREMELY GENTLY without applying pressure so that it becomes soft.
- Add 1 tsp maida, mix thoroughly & roll into small balls, smoothening them well without cracks.
- In a wide mouthed vessel, boil 6 cups water & 2 cups sugar, stirring well.

Didn't turn out as expected?

Need more help?

Have an idea to improve on this recipe?

Need other recipes from this cook?

Want to contribute your unique recipe?

Visit www.IndusLadies.com



Cook : Chithra Viswanathan
Website : www.IndusLadies.com
Region : South Indian
Type : Sweets

- When the mixture starts boiling vigorously, carefully add the balls one by one.
- It is very important to make sure that the mixture continues to be boiling.
- The balls will start swelling gradually & will start floating on top of the liquid
- Keep boiling water ready in the adjacent stove & keep sprinkling that with a teaspoon so that the mixture does not get too concentrated.
- To test if it is cooked, take out one & touch - if it springs back & retain its shape when pressed, it is cooked.
- Remove from fire.
- Cool & transfer to a bowl to chill well before serving.

Didn't turn out as expected?

Need more help?

Have an idea to improve on this recipe?

Need other recipes from this cook?

Want to contribute your unique recipe?

Visit www.IndusLadies.com