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Midday Fix: Maple jamun from Gur Sweets Bakery

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Gur Sweets Bakery
162 North York Street
Elmhurst
(630) 833-0008
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Maple Jamun
(South Asian Donuts)

Ingredients:

1 cup dry milk powder
3 Tablespoons all-purpose flour
2 Tablespoons ghee (clarified butter), melted
1/2 teaspoon baking powder
1/2 cup warm milk
1 pinch ground cardamom
1 quart vegetable oil for deep frying
1 cups sugar
2 cups water
1 cup maple syrup

Directions:

In a large bowl, stir together the milk powder, flour, baking powder, and cardamom. Mix in the melted ghee, then pour in the milk, and continue to mix until well blended. Meanwhile, in a large pot, stir together the sugar and water. Bring to a boil, add the maple syrup and simmer for just a minute. Set aside. Fill a large heavy skillet halfway with oil. Heat over medium heat for at least 5 minutes. Knead the dough, and form into about 20 small balls. Reduce the heat of the oil to low, and fry the balls in one or two batches. After about 5 minutes, they will start to float. After the balls of dough float, increase the heat to medium, and turn them frequently until light golden. Remove from the oil using a slotted spoon to tray lined with paper towels. Drain on

paper towels and allow cooling. Place the balls into the pot with the syrup. Simmer over medium heat for 2-3 couple of minutes. Serve immediately, or chill for later. Can be stored in refrigerator up to a 1 week.

TIPS:

When making Maple Jamun, be careful not to over mix the dough, as your donuts will become too hard. Under mixing will result in donuts that don't fry properly.

If you want to modify the recipe on your own, use any flavor syrup that you like, such as vanilla or cinnamon.

When making your sugar syrup, be careful not to let the mixture cook too long. It should only take a minute or two. Remove from heat as soon as it begins boiling.

Ghee is a class of clarified butter commonly used in South Asia, available at most specialty grocery stores. If you can't find it, you can substitute regular butter.

If you want to start this dessert ahead of time, Maple Jamun can be stored in the refrigerator for up to one week.

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