
THE GUJARATI SWEETS KITCHEN

Traditional mithai, regional specialities,
seasonal paks and household favourites

A practical cookbook with metric measurements,
technique notes, variations and storage guidance

Gujarati household sweets and shared Indian favourites

About This Book

This collection focuses on sweets and sweet preparations made in Gujarati homes and associated with Gujarat's regional food culture. Recipes vary between households, towns and generations; the formulas here are practical reference versions, not claims that one formula is the only authentic one. Regional labels are used where the association is widely recognised, while shared Indian sweets are identified as such. Temple-related traditions and Jain-specific traditions are outside the scope of this book.

How to Use the Recipes

- Measurements are given in grams and millilitres first. Cup and spoon measures are approximate because flour packing and ingredient density vary.
- Use a heavy-bottomed pan for milk reduction, besan roasting and sugar syrup. Stir and scrape the base frequently.
- A medium flame is usually safer than a high flame for traditional sweets: colour and aroma can change quickly near the end.
- Times are estimates. Use the texture, aroma and visual cues in each method as the final guide.
- Shelf-life guidance assumes clean, dry utensils and suitable storage. In hot or humid weather, refrigerate sooner; when in doubt, discard food that smells, looks or tastes unusual.
- For dairy-rich sweets, use pasteurised dairy and keep the finished sweet chilled. Do not leave perishable sweets at room temperature for extended periods.

Useful Kitchen Reference

Approximate measures: 1 cup = 240 ml; 1 tablespoon = 15 ml; 1 teaspoon = 5 ml. For dry ingredients, gram weights are more reliable than cup measures. Sugar syrup stages are easiest to judge by temperature, but a recipe can also be followed using the visual cues provided. A kitchen thermometer is helpful, not mandatory.

Contents

PART I — MILK, YOGURT AND DAIRY SWEETS

1. Basundi
2. Doodh Pak
3. Shrikhand
4. Matho
5. Piyush
6. Garvanu
7. Penda

PART II — BESAN AND GRAM FLOUR SWEETS

8. Mohanthai
9. Dhilo Mohanthai (Lachko Mohanthai)
10. Magas (Magaj)
11. Mesub

PART III — WHEAT, FLOUR, GRAIN AND JAGGERY SWEETS

12. Sukhdi (Gol Papdi / Gud Papdi)
13. Fada Lapsi
14. Kansar
15. Churma Ladoo with Jaggery
16. Churma Ladoo with Sugar
17. Atta Sheera
18. Shakarpara
19. Meetha Satta / Sweet Thor
20. Ghughra
21. Puran Poli (Vedmi)

PART IV — REGIONAL GUJARATI SPECIALITIES

22. Surati Ghari
23. Khambhati Halvasan
24. Sutarfeni
25. Adadiya Pak / Adadiya Ladwa
26. Kopra Pak

PART V — WINTER PAKS AND VASANA

27. Katlu (Batisu Pak)
28. Gundar Pak
29. Methi Pak

PART VI — SEASONAL AND OTHER TRADITIONAL PREPARATIONS

- 30. Aam Ras (Keri no Ras)
- 31. Biranj (Rice and Chana Dal Version)
- 32. Sev Biranj
- 33. Kuler Laddoo
- 34. Til Chikki (Tal ni Chikki)

PART VII — JALEBI, FAFDA-JALEBI AND SHARED INDIAN FAVOURITES

- 35. Gujarati-Style Jalebi
- 36. Fafda
- 37. Fafda-Jalebi: The Gujarati Pairing
- 38. Doodhi Halwa (Bottle Gourd Halwa)
- 39. Malpua

1. Basundi

Easy | Yield: 6 servings | Active: 20 min; total: 60–90 min

Ingredients

Full-fat milk 2 litres

Sugar 80–120 g, to taste

Cardamom ¼ tsp

Saffron 10–12 strands (optional)

Slivered almonds/pistachios 2 tbsp

Method

1. Bring milk to a gentle simmer in a wide, heavy pan. Reduce the heat and simmer uncovered, stirring frequently and scraping the sides so the cream folds back into the milk rather than burning.
2. Continue until the milk reduces by roughly one-third to one-half and becomes creamy, with soft milk solids throughout. This usually takes 60–90 minutes depending on pan width.
3. Add sugar and saffron during the final 10 minutes. Stir until dissolved; add cardamom off the heat. Cool, then chill and garnish with nuts.

Technique tip

Key tip: A wide pan speeds reduction, but a heavy base prevents scorching. Basundi should remain pourable with soft, visible milk solids, not become as thick as rabri.

Cultural / variation note

Variation: A little nutmeg may be used in some households. Cultural note: Basundi is served at family celebrations and festive meals across western India, with strong popularity in Gujarat and neighbouring Maharashtra.

Storage

Storage: Refrigerate promptly in a covered container and use within 2–3 days.

2. Doodh Pak

Moderate | Yield: 6 servings | Active: 20 min; total: 75–100 min

Ingredients

Full-fat milk 1.5 litres

Short- or medium-grain rice 40 g

Sugar 100–140 g

Cardamom ¼ tsp

Saffron 10 strands (optional)

Chopped nuts 2 tbsp

Method

1. Wash rice and soak for 15 minutes; drain. Bring milk to a simmer in a heavy pan.
2. Add rice and cook gently, stirring often, until the grains are very soft and the milk has thickened. Scrape the sides into the pan regularly.
3. Add sugar and saffron near the end and simmer for 5–8 minutes. Finish with cardamom and nuts. Serve warm or chilled.

Technique tip

Key tip: Keep the simmer gentle. Adding sugar too early can slow the softening of the rice.

Cultural / variation note

Cultural note: Doodh pak is a celebratory rice-and-milk sweet. Household versions vary in thickness and the balance of nuts and spices.

Storage

Storage: Refrigerate and use within 2–3 days.

3. Shrikhand

Easy–moderate | Yield: 6 servings | Active: 20 min plus draining

Ingredients

Plain full-fat yogurt 1 kg

Powdered sugar 150–220 g

Cardamom ¼ tsp

Saffron 10–12 strands soaked in 1 tsp warm milk (optional)

Chopped pistachios 1 tbsp

Method

1. Line a sieve with clean muslin and set it over a bowl. Add yogurt, cover and refrigerate 6–10 hours, until thick chakka forms.
2. Transfer chakka to a bowl and whisk or press through a fine sieve until smooth. Add sifted powdered sugar gradually.
3. Mix in cardamom and saffron milk. Chill for at least 1 hour and garnish with pistachios.

Technique tip

Key tip: Drain yogurt in the refrigerator, not on the counter. If the chakka is lumpy, press it through a sieve before adding sugar.

Cultural / variation note

Variation: Amrakhand is a mango-flavoured variation; see the mango note under Matho. Cultural note: Shrikhand is associated with Gujarati and Maharashtrian food traditions.

Storage

Storage: Keep chilled and use within 2–3 days.

4. Matho

Easy | Yield: 6 servings | Active: 20 min plus draining

Ingredients

Thick strained yogurt 700 g

Powdered sugar 120–180 g

Cardamom ¼ tsp

Fruit purée or finely chopped fruit 100–150 g (optional)

Nuts 1 tbsp (optional)

Method

1. Prepare thick chakka by draining yogurt in the refrigerator. Whisk until smooth.
2. Fold in powdered sugar and cardamom. If using fruit, make sure it is ripe and not excessively watery; fold it in just before chilling.
3. Chill 1–2 hours before serving.

Technique tip

Key tip: Matho is often looser and more fruit-inclusive than firm shrikhand, but the naming and texture vary by household. Add juicy fruit shortly before serving to avoid thinning.

Cultural / variation note

Variation: Mango matho can be made with thick mango pulp; reduce the sugar to account for the fruit's sweetness.

Storage

Storage: Refrigerate and use within 1–2 days, especially if fresh fruit is added.

5. Piyush

Easy | Yield: 4 glasses | Active: 10 min

Ingredients

Shrikhand 250 g

Chilled milk 500–650 ml

Cardamom ¼ tsp

Nutmeg a pinch (optional)

Saffron or chopped nuts (optional)

Method

1. Whisk shrikhand with a little milk until smooth. Gradually whisk in the remaining milk until drinkable but still creamy.
2. Add cardamom and optional nutmeg. Chill briefly and stir before pouring into glasses.

Technique tip

Key tip: Adjust milk to taste and to the thickness of the shrikhand. Avoid over-sweetening before tasting.

Cultural / variation note

Cultural note: Piyush is a rich, chilled drink popular in parts of Gujarat and Maharashtra, particularly in warm weather.

Storage

Storage: Best freshly mixed; refrigerate and consume within 24 hours.

6. Garvanu

Moderate | Yield: 6–8 servings | Active: 25 min; total: 45–60 min

Ingredients

Coarse wheat flour or cracked wheat flour 200 g

Ghee 100 g

Jaggery 160–200 g

Water 450 ml, approximately

Cardamom ¼ tsp

Chopped nuts 2 tbsp (optional)

Method

1. Warm water and dissolve the jaggery in it; strain if it contains grit. Keep the jaggery water warm, not boiling.
2. Heat ghee in a heavy pan. Add the wheat flour and roast on low-medium heat, stirring constantly, until fragrant and a shade darker.
3. Carefully pour in the warm jaggery water while stirring to prevent lumps. Cook until the mixture thickens and pulls away from the pan. Add cardamom and nuts.

Technique tip

Important naming note: Garvanu recipes differ by locality and family. This is a practical wheat-and-jaggery household-style version; if your family uses a particular local formulation, preserve that version as the primary one.

Cultural / variation note

Key tip: Roast the flour thoroughly before adding liquid; under-roasted flour tastes raw.

Storage

Storage: Cool completely and refrigerate for 3–4 days.

7. Penda

Moderate | Yield: 18–22 pieces | Active: 25 min; total: 40 min

Ingredients

Full-fat milk powder 250 g

Full-fat milk 120 ml

Ghee 60 g

Sugar 120–150 g

Cardamom ¼ tsp

Nutmeg a pinch (optional)

Method

1. Mix milk powder and milk into a smooth paste. Melt ghee in a heavy pan and add the paste.
2. Cook on low heat, stirring continuously, until the mixture thickens, leaves the sides and develops a cooked-milk aroma. Let it cool until warm.
3. Add sugar and cardamom; return to low heat and stir until the sugar dissolves and the mixture becomes workable again. Cool until safe to handle, shape into small discs and press a thumbprint in the centre.

Technique tip

Key tip: Do not add sugar while the milk mixture is still very wet; it can loosen the mixture dramatically. The exact cooking time depends on the pan and heat.

Cultural / variation note

Variation: Traditional mawa-based penda may be made with reduced milk solids instead of milk powder; use about 300 g mawa and adjust sugar and cooking time.

Storage

Storage: Refrigerate and use within 4–5 days; milk-based sweets are perishable.

8. Mohanthal

Moderate | Yield: 20–24 pieces | Active: 35 min; total: 2–3 hours including setting

Ingredients

Besan 300 g

Warm milk 2 tbsp

Ghee 180 g

Sugar 250 g

Water 120 ml

Cardamom ½ tsp

Saffron 10 strands (optional)

Chopped nuts 2 tbsp

Method

1. Rub the warm milk into the besan to form small granules. Pass through a coarse sieve; rest 10 minutes.
2. Heat ghee and roast the besan on low-medium heat, stirring continuously, until golden and deeply nutty. The mixture should smell cooked, not burnt.
3. Boil sugar and water to a sticky one-thread syrup. Remove from heat and let bubbling settle. Mix syrup into the roasted besan gradually, stirring briskly. Add cardamom and saffron.
4. Spread in a greased, lined tray, top with nuts and score while warm. Let set before cutting.

Technique tip

Key tip: The granulation step creates mohanthal's characteristic texture. Syrup that is too thin can make it soft; overcooked syrup can make it hard.

Cultural / variation note

Cultural note: Mohanthal is a widely loved Gujarati festive sweet, with many household approaches to texture and garnish.

Storage

Storage: Airtight at a cool room temperature for about 7–10 days, depending on humidity and handling.

9. Dhilo Mohanthal (Lachko Mohanthal)

Moderate | Yield: 6–8 servings | Active: 30 min

Ingredients

Besan 250 g

Ghee 150 g

Warm milk 2 tbsp

Sugar 200 g

Water 180 ml

Cardamom ¼ tsp

Nuts 1 tbsp (optional)

Method

1. Rub milk into besan and sieve to make coarse granules. Roast in ghee on low heat until aromatic and golden.
2. Make a syrup with sugar and water, cooking only until the sugar dissolves and the syrup becomes lightly sticky; avoid a firm one-thread stage.
3. Pour syrup into the roasted besan gradually and stir. Cook briefly until thick but still soft and spoonable. Add cardamom and serve warm or at room temperature.

Technique tip

Key tip: Unlike set mohanthal, this version should remain soft and loose. Do not cook it until it pulls firmly away from the pan.

Cultural / variation note

Variation: Some households serve it with a little extra ghee on top.

Storage

Storage: Refrigerate leftovers and use within 3–4 days; warm gently with a spoonful of water if needed.

10. Magas (Magaj)

Moderate | Yield: 18–20 pieces | Active: 30 min; setting: 1–2 hours

Ingredients

Coarse besan or ladwa besan 300 g

Ghee 180 g

Powdered sugar 220 g

Cardamom ½ tsp

Nutmeg a pinch (optional)

Chopped almonds 2 tbsp

Method

1. If the besan is fine, rub in 1–2 tbsp warm milk and sieve to make a slightly coarse texture. Rest briefly.
2. Melt ghee and roast besan slowly, stirring continuously until fragrant, sandy and golden. Remove from heat and cool until warm, not hot.
3. Mix in sifted powdered sugar, cardamom and nutmeg. Fold in nuts. Press into a greased tray or shape into small rounds. Allow to set.

Technique tip

Key tip: Add powdered sugar only after the mixture cools enough that it will not melt the sugar into a greasy paste.

Cultural / variation note

Variation: Magas may be shaped as laddoos or cut into squares; the texture is often grainier than barfi.

Storage

Storage: Airtight in a cool place for 1–2 weeks if thoroughly roasted and kept dry.

11. Mesub

Advanced | Yield: 20 pieces | Active: 45 min; setting: 2 hours

Ingredients

Besan 250 g

Ghee 200 g, approximately

Sugar 250 g

Water 125 ml

Cardamom $\frac{1}{4}$ tsp

Chopped nuts 2 tbsp

Method

1. Sieve the besan. Heat ghee in a heavy pan and add besan in batches, stirring over low heat until the mixture becomes aromatic and loose.
2. Continue roasting carefully, adding small amounts of ghee if needed, until the besan is cooked and the mixture looks glossy but not burnt.
3. Make a one-thread sugar syrup. Remove from heat and allow the strongest bubbling to subside. Mix the syrup into the besan gradually, stirring vigorously.
4. Spread into a greased tray, garnish and allow to set before cutting.

Technique tip

Key tip: Mesub formulas differ markedly among sweet-makers. Temperature and timing determine whether it becomes fine-grained, soft or overly hard; make a small test batch before scaling up.

Cultural / variation note

Regional note: Mesub is particularly associated with Saurashtra/Sorath in Gujarati sweet-making.

Storage

Storage: Airtight in a cool, dry place for about 7–10 days.

12. Sukhdi (Gol Papdi / Gud Papdi)

Easy | Yield: 16–20 squares | Active: 20 min

Ingredients

Whole-wheat flour 250 g

Ghee 150 g

Grated or finely chopped jaggery 180–220 g

Cardamom ¼ tsp (optional)

Method

1. Grease and line a small tray. Melt ghee in a heavy pan and add flour.
2. Roast on low-medium heat, stirring constantly, until the flour smells nutty and turns golden. Remove from heat and wait 30–60 seconds so it is hot but not scorching.
3. Add jaggery and stir rapidly until it melts into the flour mixture. Add cardamom if using. Immediately press into the tray and score into squares while warm.

Technique tip

Key tip: Jaggery can seize if the flour is too cool, or turn the sukhdi greasy if the mixture is excessively hot. Work quickly and use finely chopped jaggery.

Cultural / variation note

Cultural note: Sukhdi is a familiar Gujarati household sweet made with a short ingredient list; flour roasting is its defining technique.

Storage

Storage: Airtight at room temperature for about 5–7 days in dry conditions.

13. Fada Lapsi

Easy–moderate | Yield: 6 servings | Active: 15 min; total: 40–50 min

Ingredients

Broken wheat (fada/dalia) 200 g

Ghee 70 g

Jaggery 160–200 g

Water 650 ml, approximately

Cardamom ¼ tsp

Raisins and nuts 2 tbsp (optional)

Method

1. Rinse broken wheat briefly if dusty and drain well. Heat ghee in a pressure cooker or heavy pan. Add wheat and roast until aromatic and lightly golden.
2. Add hot water carefully. Pressure-cook until tender, or cover and simmer in a pan until the grains are soft, adding water if required.
3. Dissolve jaggery in a little hot water and strain if needed. Stir into the cooked wheat and simmer until glossy and thick. Add cardamom and optional nuts.

Technique tip

Key tip: Roast the wheat before adding water. Jaggery is best added after the grain is tender.

Cultural / variation note

Cultural note: Lapsi is a traditional grain-based sweet served on family occasions and in everyday home cooking.

Storage

Storage: Refrigerate and use within 3–4 days.

14. Kansar

Moderate | Yield: 6 servings | Active: 20 min

Ingredients

Coarse wheat flour 250 g

Ghee 100 g

Water 350–400 ml

Jaggery or sugar 150–200 g, to serve

Extra ghee 2–3 tbsp, to serve

Method

1. Bring water to a boil in a heavy pan. Add coarse wheat flour gradually, stirring to prevent large lumps.
2. Cover and cook on low heat until the flour absorbs the water and becomes tender. Stir and break up lumps as needed; add a little hot water if the mixture remains dry.
3. Serve warm with jaggery or sugar and generous ghee, according to household custom.

Technique tip

Key tip: Kansar is often served with sweetener and ghee added at the table rather than cooked into the grain. Texture varies by family.

Cultural / variation note

Cultural note: Kansar has associations with Gujarati family celebrations and customary meals; practices vary by community and household.

Storage

Storage: Best fresh. Refrigerate leftovers and use within 2 days.

15. Churma Ladoo with Jaggery

Moderate | Yield: 12–14 laddoos | Active: 35 min

Ingredients

Whole-wheat flour 250 g

Ghee 80 g for dough plus 60 g for binding

Water about 100 ml

Jaggery 180 g

Cardamom ½ tsp

Poppy seeds or chopped nuts 2 tbsp (optional)

Method

1. Rub 80 g ghee into the flour. Add water gradually to make a firm dough. Shape into thick discs or small logs.
2. Bake at 180°C for 25–35 minutes until fully cooked and dry, or shallow-fry traditionally over moderate heat until cooked through. Cool completely.
3. Break into pieces and grind to a coarse powder. Warm remaining ghee with grated jaggery just until the jaggery softens; do not boil it hard. Mix into churma with cardamom and form laddoos while warm.

Technique tip

Key tip: The cooked dough must be completely cool before grinding. If the churma is too coarse, laddoos will not bind; if too fine and oily, they may become heavy.

Cultural / variation note

Variation: Some household recipes use roasted flour rather than cooked dough, but that produces a different texture.

Storage

Storage: Airtight in a cool, dry place for 5–7 days; refrigerate in warm weather.

16. Churma Ladoo with Sugar

Moderate | Yield: 12–14 laddoos | Active: 35 min

Ingredients

Whole-wheat flour 250 g

Ghee 80 g for dough plus 70 g for binding

Water about 100 ml

Powdered sugar 180–200 g

Cardamom ½ tsp

Chopped nuts 2 tbsp (optional)

Method

1. Rub 80 g ghee into flour and add water gradually to make a firm dough. Shape into thick discs.
2. Bake at 180°C for 25–35 minutes until cooked and dry, or shallow-fry over moderate heat until cooked through. Cool completely and grind to a coarse powder.
3. Mix in powdered sugar and cardamom. Warm the remaining ghee and add it gradually until the churma holds together when squeezed. Form laddoos.

Technique tip

Key tip: Unlike jaggery, powdered sugar should not be heated into a syrup for this version. Add ghee gradually to avoid an oily mixture.

Cultural / variation note

Variation: Add poppy seeds or finely chopped nuts if customary in your household.

Storage

Storage: Airtight for about 5–7 days in a cool, dry place.

17. Atta Sheera

Easy | Yield: 4 servings | Active: 20 min

Ingredients

Whole-wheat flour 100 g

Ghee 75 g

Sugar 100–130 g

Water 350 ml

Cardamom ¼ tsp

Chopped nuts 1 tbsp (optional)

Method

1. Bring water and sugar to a simmer in a separate pan until dissolved. Keep hot.
2. Melt ghee in a heavy pan. Add flour and roast over low-medium heat, stirring constantly until golden and aromatic.
3. Carefully add hot sugar water in a thin stream while stirring. Cook until thick and glossy and the ghee begins to show at the edges. Add cardamom and nuts.

Technique tip

Key tip: Hot liquid prevents the mixture from cooling and clumping, but pour slowly because it will sputter.

Cultural / variation note

Cultural note: Atta sheera is a familiar home sweet, prepared for quick family servings as well as special meals.

Storage

Storage: Best fresh; refrigerate leftovers for up to 3 days and reheat gently.

18. Shakarpara

Easy–moderate | Yield: about 500 g | Active: 30 min

Ingredients

All-purpose flour or half whole-wheat flour 250 g

Ghee 50 g

Sugar 70 g

Water 80–100 ml

Oil or ghee for frying

Method

1. Dissolve sugar in water. Rub ghee into flour, then add the sugar water gradually to make a firm, smooth dough. Rest covered for 15 minutes.
2. Roll to about 5–6 mm thick and cut into diamonds or strips. Heat oil over medium-low heat.
3. Fry in batches until crisp and pale golden, turning as needed. They become crisper as they cool; drain completely.

Technique tip

Key tip: Oil that is too hot browns the outside before the centre dries. Fry slowly and test one piece first.

Cultural / variation note

Variation: Some versions use a sugar coating; this recipe is the lightly sweet dough version.

Storage

Storage: Airtight after completely cool, about 2–3 weeks in dry conditions.

19. Meetha Satta / Sweet Thor

Moderate | Yield: 12–16 pieces | Active: 35 min

Ingredients

All-purpose flour 250 g

Ghee 50 g

Water about 100 ml

Sugar 200 g

Water for syrup 100 ml

Cardamom ¼ tsp

Oil or ghee for frying

Method

1. Rub ghee into flour and add water gradually to make a firm dough. Rest covered for 20 minutes.
2. Roll the dough into a thick sheet and cut into small rectangles or diamonds; prick lightly if the family style calls for it.
3. Fry on low-medium heat until crisp and evenly golden. Separately simmer sugar and water to a sticky one-thread syrup. Add cardamom, then toss or coat the fried pieces in syrup and allow to dry.

Technique tip

Naming and method note: Sweet satta/thor can refer to different regional or household preparations. This is a crisp, syrup-coated reference version; preserve a local family method if it differs.

Cultural / variation note

Key tip: Let excess oil drain before coating; syrup should be warm and sticky, not watery.

Storage

Storage: Airtight for 1–2 weeks if fully dried.

20. Ghughra

Moderate | Yield: 16–18 pieces | Active: 45 min

Ingredients

All-purpose flour 250 g

Ghee 45 g

Water 100–120 ml

Fine semolina 80 g

Desiccated or freshly grated coconut 100 g

Powdered sugar 100 g

Poppy seeds 1 tbsp (optional)

Cardamom ½ tsp

Raisins and chopped nuts 40 g

Oil for frying

Method

1. Rub ghee into flour. Add water gradually and knead a firm dough; cover and rest for 20 minutes.
2. Dry-roast semolina until lightly golden. Cool, then mix with coconut, sugar, cardamom, poppy seeds, raisins and nuts.
3. Roll dough into small circles. Add filling, moisten the edge, fold into a half-moon and seal firmly with a pleated edge or fork.
4. Fry over medium-low heat until crisp and pale golden. Cool fully before storing.

Technique tip

Key tip: Keep the filling dry and avoid overfilling. A weak seal lets oil enter and the filling escape.

Cultural / variation note

Variation: Regional fillings may use roasted gram flour, sesame, or different proportions of coconut and semolina.

Storage

Storage: Airtight for 5–7 days in dry conditions.

21. Puran Poli (Vedmi)

Advanced | Yield: 8–10 polis | Active: 60 min

Ingredients

For dough: whole-wheat flour 250 g, oil or ghee 1 tbsp, water as needed

Chana dal 200 g

Jaggery 180–220 g

Ghee 2 tbsp plus for cooking

Cardamom ½ tsp

Nutmeg a pinch (optional)

Method

1. Knead flour, oil and water into a soft, pliable dough. Cover and rest for 30 minutes.
2. Cook washed chana dal until tender but not watery; drain very well. Mash or grind while warm.
3. Cook dal with jaggery and ghee over medium-low heat until the mixture thickens and leaves the pan. Add cardamom and cool completely.
4. Divide dough and filling into equal portions. Enclose filling in dough, dust lightly and roll gently into thin discs.
5. Cook on a hot tawa with ghee until brown spots appear on both sides and the centre is cooked.

Technique tip

Key tip: Wet filling is the main cause of tearing. Drain dal thoroughly and cook the filling until firm enough to shape.

Cultural / variation note

Regional note: Vedmi is a Gujarati name used for this family of stuffed sweet flatbreads; filling ratios differ by household.

Storage

Storage: Best fresh. Refrigerate for 2–3 days and reheat on a tawa.

22. Surati Ghari

Advanced | Yield: 12–14 pieces | Active: 60 min plus setting

Ingredients

For shell: all-purpose flour 200 g, ghee 45 g, water about 90 ml

Mawa 250 g

Powdered sugar 150 g

Ghee 50 g

Cardamom ½ tsp

Chopped almonds/pistachios 40 g

Extra ghee for finishing, as needed

Method

1. Mix flour and ghee, then add water to make a firm dough. Rest 20 minutes.
2. Cook mawa in a pan until lightly aromatic and moisture is reduced. Cool until warm, then mix with powdered sugar, cardamom and nuts.
3. Roll dough into small discs, place filling in the centre and gather the edges to enclose it. Flatten gently into thick discs and seal carefully.
4. Bake at 170°C until the shell is cooked and lightly golden, or shallow-fry very gently according to the chosen household method. Cool, then brush or dip lightly in melted ghee if following that style.

Technique tip

Important note: Ghari has several sweet-shop and household methods, including different shells, fillings and ghee finishes. This is a practical home version; the signature is a rich filling enclosed in pastry.

Cultural / variation note

Regional note: Ghari is strongly associated with Surat and is especially linked with Chandani Padva celebrations.

Storage

Storage: Because of the dairy filling, refrigerate and use within 4–5 days. Bring to room temperature before serving.

23. Khambhati Halvasan

Advanced | Yield: 16–20 pieces | Active: 45 min; setting: several hours

Ingredients

Coarse wheat flour 150 g

Ghee 100 g

Milk 500 ml

Sugar 180–220 g

Edible gum 15 g (optional, if used in the chosen local formula)

Cardamom ¼ tsp

Chopped nuts 2 tbsp

Method

1. Heat ghee in a heavy pan and roast wheat flour slowly until fragrant and golden.
2. Warm milk separately. Add it gradually to the flour while stirring continuously to avoid lumps. Cook until thick and the wheat is tender.
3. Add sugar and continue cooking, stirring and scraping the base, until the mixture becomes glossy, dense and begins to leave the sides. Add cardamom and nuts.
4. Spread in a greased tray, level the surface and allow to cool and set before cutting.

Technique tip

Authenticity note: Halvasan is a specialised Khambhat sweet and commercial versions can use particular grain textures, dairy solids and setting methods. This home formula is a guide rather than a claim to reproduce every shop's exact texture.

Cultural / variation note

Key tip: The mixture needs sustained cooking after sugar is added. Cutting too early can produce ragged pieces.

Storage

Storage: Refrigerate and use within 4–5 days; keep tightly covered.

24. Sutarfeni

Advanced | Yield: 8 servings | Active: 60 min

Ingredients

Fine wheat flour 250 g

Ghee 50 g plus more for layering

Water as needed

Cornflour or rice flour 2 tbsp for dusting

Sugar 180 g

Water 100 ml

Cardamom ¼ tsp

Chopped pistachios 2 tbsp

Method

1. Mix flour with ghee and enough water to form a firm dough. Rest 30 minutes. Divide and roll very thin, dusting lightly to prevent sticking.
2. Brush thin sheets with ghee and dust lightly with flour or starch; stack and roll tightly. Cut into very fine strands or prepare thin layered strands using a traditional press if available.
3. Bake or fry gently until dry and crisp, taking care not to darken the delicate strands.
4. Make a light sticky syrup with sugar and water. Drizzle or lightly coat the strands, then garnish with cardamom and pistachios. Allow to crisp.

Technique tip

Important note: Traditional sutarfeni often depends on specialised shaping and pastry techniques. This home adaptation gives the general method; exact strand formation varies by maker.

Cultural / variation note

Key tip: Moisture is the enemy of crispness. Cool completely before storing, and add syrup sparingly.

Storage

Storage: Best the day it is made; airtight for 1–2 days if kept dry.

25. Adadiya Pak / Adadiya Ladwa

Advanced | Yield: 16–20 pieces | Active: 45 min

Ingredients

Urad dal flour 250 g

Ghee 180 g

Jaggery 200 g

Dry ginger powder 1 tsp

Black pepper ¼ tsp

Cardamom ½ tsp

Nutmeg ¼ tsp

Edible gum 20 g (optional)

Chopped almonds 40 g

Method

1. If using edible gum, fry it in a little hot ghee until it puffs; cool and crush. Add a little ghee to the urad flour and rub to form small crumbs.
2. Roast the flour in remaining ghee over low heat, stirring constantly, until deeply aromatic and cooked through. Do not rush the roasting.
3. Remove from heat and let cool until warm. Mix in spices, nuts and crushed gum. Add finely grated jaggery and mix until it binds; warm very gently only if needed.
4. Shape into laddoos or press into a lined tray and cut.

Technique tip

Key tip: The flour must be fully roasted, but jaggery should not be cooked aggressively after addition or the sweet can become hard.

Cultural / variation note

Regional note: Adadiya is strongly associated with winter in Saurashtra and Kutch. Spice blends and use of gum differ between families.

Storage

Storage: Airtight in a cool, dry place for 1–2 weeks; refrigerate in hot weather.

26. Kopra Pak

Easy–moderate | Yield: 16–20 pieces | Active: 25 min; setting: 1–2 hours

Ingredients

Desiccated coconut 250 g, or fresh grated coconut 300 g

Sugar 200 g

Milk 100 ml

Ghee 1 tbsp

Cardamom ¼ tsp

Chopped nuts 2 tbsp (optional)

Method

1. Grease and line a small tray. Combine coconut, sugar and milk in a heavy pan.
2. Cook over medium-low heat, stirring continuously, until the mixture thickens, the moisture reduces and it begins to leave the sides. Fresh coconut may need a little longer.
3. Add ghee and cardamom; stir well. Press firmly into the tray, add nuts if using and smooth the surface.
4. Cool until set, then cut into squares.

Technique tip

Key tip: Fresh coconut contains more moisture and gives a softer, shorter shelf-life sweet. Do not stop cooking while the mixture is wet.

Cultural / variation note

Variation: Some versions use mawa or condensed milk; those are richer and need different cooking and storage care.

Storage

Storage: Refrigerate fresh-coconut versions and use within 3–4 days; a thoroughly cooked dry version may last longer.

27. Katlu (Batrisu Pak)

Advanced | Yield: 20–24 small pieces | Active: 60 min

Ingredients

Whole-wheat flour 150 g

Ghee 150 g

Edible gum 30 g

Jaggery 200 g

Dry ginger powder 1 tsp

Long pepper or black pepper ¼ tsp (optional)

Cardamom ½ tsp

Nutmeg ¼ tsp

Almonds, cashews and other nuts 100 g

Desiccated coconut 40 g (optional)

Method

1. Fry edible gum in a little hot ghee until it puffs; remove and crush when cool. Fry nuts lightly if desired and chop.
2. Roast wheat flour in ghee over low heat until golden and fragrant. Add coconut if using and roast briefly.
3. Remove from heat and let cool until warm. Mix in crushed gum, nuts and spices.
4. Add grated jaggery and stir until it binds. If necessary, return to very low heat briefly, just until the jaggery softens. Press into a tray or shape into small portions.

Technique tip

Important note: Batrisu pak is a family of rich winter preparations rather than one universal formula; the name suggests a many-ingredient mixture, but ingredients differ. Document the specific household version where known.

Cultural / variation note

Cultural note: Such paks are traditionally prepared in cooler months and offered as rich seasonal foods; this is cultural context, not medical advice.

Storage

Storage: Airtight in a cool, dry place for 1–2 weeks; refrigerate if the climate is hot or ingredients are moist.

28. Gundar Pak

Moderate–advanced | Yield: 20 pieces | Active: 45 min

Ingredients

Edible gum (gundar) 50 g

Whole-wheat flour 200 g

Ghee 180 g

Jaggery 200 g

Chopped almonds/cashews 80 g

Dry ginger powder 1 tsp

Cardamom ½ tsp

Desiccated coconut 30 g (optional)

Method

1. Heat some of the ghee and fry gum in small batches until it puffs. Remove, cool and crush.
2. Add remaining ghee and roast wheat flour slowly until deeply fragrant and golden. Add coconut if using and roast briefly.
3. Remove from heat and cool until warm. Mix in crushed gum, nuts and spices.
4. Add grated jaggery and stir until it binds. Press into a greased tray and score while warm, or shape into small portions.

Technique tip

Key tip: Fry gum in small batches; crowded gum may not puff evenly. Avoid biting into large hard gum pieces by crushing thoroughly.

Cultural / variation note

Cultural note: Gundar pak is a traditional winter sweet in Gujarat and other western Indian regions.

Storage

Storage: Airtight for about 1–2 weeks in a cool, dry place.

29. Methi Pak

Moderate–advanced | Yield: 20 small pieces | Active: 45 min

Ingredients

Fenugreek seeds 50 g

Whole-wheat flour 150 g

Ghee 150 g

Jaggery 200 g

Dry ginger powder 1 tsp

Cardamom ½ tsp

Chopped nuts 80 g

Milk 100 ml for soaking, as needed

Method

1. Grind fenugreek seeds coarsely. Soak in enough milk to cover for several hours or overnight, then drain well; some household methods use a longer soak and drying step to soften bitterness.
2. Roast the soaked fenugreek gently in a little ghee until dry and aromatic. Add remaining ghee and roast the flour separately until golden.
3. Mix fenugreek, flour, nuts and spices. Remove from heat and cool until warm. Add grated jaggery and stir until bound.
4. Press into a greased tray and cut while warm.

Technique tip

Key tip: Fenugreek is naturally bitter. Soaking and careful roasting reduce harshness, but do not eliminate its characteristic flavour. Keep the seeds dry before roasting to prevent splattering.

Cultural / variation note

Cultural note: Methi pak is a traditional seasonal preparation; it should not be presented as a treatment for any medical condition.

Storage

Storage: Airtight in a cool, dry place for 1–2 weeks.

30. Aam Ras (Keri no Ras)

Easy | Yield: 4–6 servings | Active: 15 min plus chilling

Ingredients

Ripe mangoes 1.2–1.5 kg

Sugar or jaggery 0–2 tbsp, only if needed

Dry ginger or cardamom a pinch (optional)

Milk or water 1–3 tbsp only if needed

Method

1. Wash and dry mangoes. Gently massage them to loosen the pulp, then squeeze or peel and remove the stones.
2. Blend or pass the pulp through a sieve until smooth. Taste before adding any sweetener; ripe mangoes may need none.
3. Add a little cardamom or dry ginger only if desired. Chill and serve.

Technique tip

Key tip: The variety and ripeness of mango determine sweetness and fibre. Alphonso, Kesar and other regional varieties give different colour and flavour; Kesar mango is particularly associated with Gujarat.

Cultural / variation note

Seasonal note: Aam ras is a summer favourite, often served with puri or as part of a meal.

Storage

Storage: Refrigerate and consume within 1–2 days; freeze extra pulp promptly if preserving it.

31. Biranj (Rice and Chana Dal Version)

Moderate | Yield: 6 servings | Active: 20 min; total: 45 min

Ingredients

Basmati or other fragrant rice 200 g

Chana dal 50 g

Ghee 50 g

Sugar 120–160 g

Water 500–600 ml, as needed

Cardamom ¼ tsp

Cloves 2 (optional)

Nuts and raisins 2 tbsp (optional)

Method

1. Wash rice and soak for 15 minutes. Rinse chana dal and soak separately for 30 minutes.
2. Cook chana dal in water until almost tender but still holding its shape; drain if excess water remains.
3. Heat ghee in a heavy pan, add optional cloves, then drained rice and stir gently for 1–2 minutes. Add dal and hot water. Cover and cook on low until rice is nearly tender.
4. Add sugar and cardamom, folding carefully. Cover and cook until rice is tender and the liquid is absorbed. Garnish with nuts or raisins.

Technique tip

Important naming note: Biranj has multiple regional and household meanings. This recipe follows the rice-and-chana-dal version specified for this book; it should not be treated as the only form of biranj.

Cultural / variation note

Key tip: Add sugar after the grains are nearly tender so the rice cooks evenly.

Storage

Storage: Refrigerate within 2 hours and use within 2–3 days.

32. Sev Biranj

Moderate | Yield: 6 servings | Active: 20 min

Ingredients

Fine roasted vermicelli/seviyan 150 g

Ghee 40 g

Milk 700 ml

Sugar 100–140 g

Cardamom ¼ tsp

Saffron 8 strands (optional)

Chopped nuts 2 tbsp

Method

1. Heat ghee in a heavy pan and lightly roast vermicelli until aromatic, unless it is already well roasted.
2. Add milk carefully and simmer, stirring frequently, until the strands soften and the milk thickens slightly.
3. Add sugar and saffron; simmer until dissolved and the texture is creamy. Finish with cardamom and nuts. Serve warm or chilled.

Technique tip

Naming note: The term sev biranj is used differently in some households. This version is a sweet vermicelli preparation; if your intended family recipe is a distinct rice-and-sev preparation, it should be documented separately rather than conflated.

Cultural / variation note

Key tip: Vermicelli continues absorbing liquid as it stands. Keep it a little looser than the desired final consistency.

Storage

Storage: Refrigerate and use within 2 days.

33. Kuler Laddoo

Easy | Yield: 12–15 small laddoos | Active: 20 min

Ingredients

Bajra flour 200 g

Ghee 80 g

Jaggery 140–170 g

Warm water 1–2 tbsp if needed

Cardamom a pinch (optional)

Method

1. Roast bajra flour in a heavy pan over low heat, stirring constantly, until aromatic and lightly darker. Do not let it smoke or turn bitter.
2. Add ghee and stir until the flour looks evenly moistened. Remove from heat and cool until warm.
3. Add finely grated jaggery and mix thoroughly. If the mixture will not bind, add a teaspoon of warm water or a little extra ghee at a time.
4. Shape into small laddoos while the mixture is still warm.

Technique tip

Key tip: Bajra flour can taste bitter if over-roasted. Add jaggery only after the pan is off the heat to protect its flavour.

Cultural / variation note

Cultural note: Kuler is associated with rural and seasonal food traditions in Gujarat; recipes vary in the use of flour, grain and sweetener.

Storage

Storage: Airtight for 4–7 days in dry weather; refrigerate if warm or humid.

34. Til Chikki (Tal ni Chikki)

Moderate | Yield: 16–20 pieces | Active: 20 min

Ingredients

White sesame seeds 200 g

Jaggery 180 g

Ghee 1 tsp

Water 1 tbsp (optional, depending on jaggery)

Method

1. Toast sesame seeds in a dry pan over medium-low heat until fragrant and lightly popping. Remove and keep warm.
2. Melt jaggery with a tablespoon of water if needed. Cook until it reaches a hard-crack stage, ideally around 150°C on a sugar thermometer. Without a thermometer, a drop in cold water should become brittle and snap.
3. Quickly stir in sesame seeds and ghee. Immediately spread between greased sheets of baking paper or on a greased metal surface and roll thin with a greased rolling pin.
4. Score into pieces while still warm, then cool completely.

Technique tip

Key tip: Undercooked jaggery makes sticky chikki; overcooked jaggery tastes bitter. Hot syrup causes serious burns, so keep children away and do not touch it.

Cultural / variation note

Seasonal note: Sesame-jaggery sweets are popular in winter and around harvest-season celebrations in western India.

Storage

Storage: Airtight in a cool, dry place for 2–3 weeks; humidity makes it sticky.

35. Gujarati-Style Jalebi

Advanced | Yield: 20–25 small jalebis | Active: 30 min plus fermentation

Ingredients

All-purpose flour 200 g

Cornflour 2 tbsp

Plain yogurt 2 tbsp

Water about 180–220 ml

A pinch of turmeric or a few saffron strands (optional)

Sugar 300 g

Water 180 ml for syrup

Lemon juice ½ tsp

Oil or ghee for frying

Method

1. Whisk flour, cornflour, yogurt and enough water to make a thick but pipeable batter. Cover and ferment in a warm place for 8–12 hours, until slightly airy and pleasantly tangy. If using instant methods, texture and flavour will differ.
2. Boil sugar and water to a sticky one-thread syrup. Add lemon juice and keep warm; do not let it crystallise.
3. Transfer batter to a squeeze bottle or cloth with a small opening. Heat oil or ghee to medium heat. Pipe tight spirals, frying until crisp and golden on both sides.
4. Drain briefly, then dip in warm syrup for 20–40 seconds. Lift out and serve promptly.

Technique tip

Key tip: Batter that is too thin spreads; batter that is too thick produces heavy jalebi. Test one spiral before frying a full batch. Syrup should be warm, not boiling hot.

Cultural / variation note

Cultural note: Jalebi is enjoyed across India and is widely available in Gujarat, including as a popular breakfast or celebratory sweet.

Storage

Storage: Best immediately. It softens over time and is not ideal for long storage.

36. Fafda

Moderate | Yield: 12–16 pieces | Active: 35 min

Ingredients

Besan 250 g

Carom seeds (ajwain) ½ tsp

Turmeric ¼ tsp

Asafoetida a pinch

Salt ¾ tsp, or to taste

Oil 2 tbsp for dough

Water about 100–130 ml

Oil for frying

Method

1. Mix besan, ajwain, turmeric, asafoetida and salt. Rub in 2 tbsp oil. Add water gradually to make a firm, smooth dough; knead for 4–5 minutes and rest covered for 15 minutes.
2. Divide into small portions. On a clean surface, press and smear each portion forward with the heel of the palm to make a long, thin strip. Lift carefully with a scraper.
3. Heat oil over medium heat. Fry strips in batches until cooked and lightly golden, turning once. Drain on a rack or paper.

Technique tip

Key tip: The dough should be firm yet pliable. Too much water makes the strips hard to handle; too little makes them crack. Fry at moderate heat so the centre cooks before the outside darkens.

Cultural / variation note

Serving note: Fafda is a savoury snack, traditionally paired in Gujarat with jalebi and often served with chutney or papaya sambharo. The pairing is the point of the section, not a claim that fafda is a sweet.

Storage

Storage: Best fresh; keep in an airtight container after fully cool and use within 1–2 days.

37. Fafda-Jalebi: The Gujarati Pairing

Serving guide | Serves 4–6

Ingredients

1 batch freshly fried fafda

1 batch freshly made jalebi

Green chutney or fried green chillies, optional

Papaya sambharo, optional

Method

1. Prepare fafda and jalebi using the separate recipes. Serve fafda warm or at room temperature and jalebi freshly dipped in syrup.
2. Arrange the savoury and sweet components together, with optional chutney, green chillies or papaya sambharo according to preference.
3. For a balanced platter, keep jalebi separate until serving so syrup does not soften the fafda.

Technique tip

Cultural note: Fafda-jalebi is a well-known Gujarati combination, particularly associated with breakfast and festive or weekend food outings. Customs vary by city and household.

Cultural / variation note

Practical tip: Make the jalebi syrup and fafda dough in advance, but fry both close to serving time for the best contrast of crispness and texture.

Storage

Storage: Store components separately. This is a serving combination rather than a separate make-ahead recipe.

38. Doodhi Halwa (Bottle Gourd Halwa)

Moderate | Yield: 6 servings | Active: 25 min; total: 45–60 min

Ingredients

Tender bottle gourd 700 g, peeled and grated

Full-fat milk 500 ml

Ghee 3 tbsp

Sugar 100–150 g

Cardamom ¼ tsp

Chopped nuts 2 tbsp

Method

1. Peel the bottle gourd, remove mature seeds if necessary and grate. Taste a tiny raw piece only if familiar with the ingredient; if it is bitter, discard the entire gourd and do not use it.
2. Heat 1 tbsp ghee in a heavy pan and sauté the grated gourd until it releases moisture and the raw smell reduces.
3. Add milk and simmer, stirring frequently, until the gourd is tender and most liquid has evaporated. Add sugar and continue cooking until glossy.
4. Add remaining ghee, cardamom and nuts. Cook until the halwa reaches a soft, cohesive consistency.

Technique tip

Important safety note: Bitter bottle gourd may contain dangerous levels of cucurbitacins. Never use a bitter-tasting bottle gourd; cooking does not make it safe.

Cultural / variation note

Scope note: Doodhi halwa is a pan-Indian preparation widely made in Gujarat, but it is not exclusive to Gujarati cuisine.

Storage

Storage: Refrigerate promptly and use within 2–3 days.

39. Malpua

Moderate | Yield: 10–12 small malpuas | Active: 35 min

Ingredients

All-purpose flour 150 g

Semolina 30 g

Milk 250–300 ml

Sugar 2 tbsp for batter

Fennel seeds ½ tsp (optional)

Cardamom ¼ tsp

Sugar 250 g and water 150 ml for syrup

Ghee or oil for shallow/deep frying

Method

1. Mix flour, semolina, batter sugar, fennel and cardamom. Whisk in milk gradually to make a pourable batter. Rest 20–30 minutes.
2. Make a sticky syrup by simmering 250 g sugar with 150 ml water until dissolved and lightly syrupy. Keep warm.
3. Heat a shallow layer of ghee or oil over medium-low heat. Pour small ladlefuls of batter; let them spread naturally and fry until the edges are golden. Turn and cook the other side.
4. Dip briefly in warm syrup and serve.

Technique tip

Key tip: The batter should spread but not be watery. Fry a test malpua and adjust with a little flour or milk. Syrup dipping is optional in some household styles.

Cultural / variation note

Scope note: Malpua is a pan-Indian sweet with many regional forms and is also prepared in Gujarati households; it is included here as a shared tradition rather than a Gujarat-exclusive recipe.

Storage

Storage: Best fresh; refrigerate leftovers and use within 2 days.

Glossary of Common Ingredients and Terms

Besan: Gram flour, usually made from chana dal.

Chakka: Thick strained yogurt used as the base for shrikhand.

Fada: Broken wheat or cracked wheat.

Ghee: Clarified butter.

Gundar: Edible gum used in some traditional paks.

Jaggery / gol: Unrefined cane sweetener; colour and moisture vary by source.

Mawa / khoya: Milk solids made by reducing milk.

Pak: A dense sweet preparation, often made with roasted flour, ghee, sweetener and spices.

Sutarfeni: A delicate, fine-stranded crisp sweet.

Vasana: A term used for rich traditional preparations, including seasonal paks, in some Gujarati households.

Final Note on Authenticity

Gujarati recipes are living household traditions. Names and methods can differ between districts, communities and families. Where a recipe has substantial variation or where a name is used for more than one preparation, this book flags that uncertainty rather than presenting a single formula as universal. For a family or regional edition, the most valuable next step is to test each recipe in the intended kitchen and record local ingredient names, pan sizes, heat levels and sensory cues.