Besan Ladoo

Recipe adapted from Ministry of Curry: https://ministryofcurry.com/besan-ladoo-recipe/

Traditional Indian gram-flour sweet

Yield: 8 ladoos	Prep: 15 minutes	Cook: 30 minutes	Total: 1 hour

Ingredients

- 1 cup fine besan (gram flour), sifted before measuring
- ¼ cup ghee
- ½ cup powdered sugar, sifted
- 1 tablespoon pistachios, thinly sliced (optional)
- ¼ teaspoon ground cardamom
- ⅛ teaspoon ground nutmeg
- ¼ teaspoon saffron

Method

1. Add the ghee and besan to a medium heavy-bottomed pan. Roast on low heat, stirring constantly and breaking up any lumps that form at the beginning.
2. After about 10 minutes, the mixture will loosen and become lighter. Keep roasting for another 10 to 15 minutes, until it turns light golden and smells nutty and fragrant.
3. Turn off the heat and transfer the roasted mixture to a bowl so it does not continue cooking. Let it cool for about 15 minutes, until just warm to the touch.
4. Mix in the powdered sugar, cardamom, nutmeg, saffron, and pistachios.
5. Rub and press the mixture gently with your palms. As the ghee releases, the mixture will begin to hold together.
6. Lightly grease your palms if needed. Take 2 to 3 tablespoons of mixture at a time and shape into round ladoos. Repeat with the remaining mixture.

Helpful Tips & Storage

- Store in an airtight container in a cool, dry place for 8 to 10 days. For longer storage, refrigerate and warm briefly before serving.
- Use fine, fresh besan for the best texture.
- Roast on low to medium-low heat so the flour cooks evenly.
- Slow roasting is the key to good flavor and texture—do not rush this step.
- If the mixture feels too soft or sticky, mix in a little more dry-roasted besan before shaping.