

Nariyal Burfi

INGREDIENTS

2 cups coconut, desiccated

1/2 cup low-fat 1% milk

1/2 cup water

1 cup sugar

1/4 tsp cardamom powder

cashews for garnishing, optional

METHOD

1. Grease a round baking tray or plate with butter.
2. On medium heat in a nonstick pan, add coconut.
3. Dry roast until you smell the aroma, and then lower the heat to low-medium.
4. Add milk to the coconut and keep stirring for a few minutes until the milk is absorbed. Turn off the stove and set aside.
5. In a separate pot on medium heat, add water and sugar. This will form simple syrup.
6. Add the coconut to the syrup.
7. Keep stirring until all the syrup is absorbed. This will take about 3-5 minutes.
8. Once the coconut starts to form into clumps, turn off the stove.
9. Transfer the coconut mixture onto a plate or baking tray.
10. Spread the mixture evenly. Cut the mixture into diamonds.
11. Garnish it with chopped cashews.

