

Sweet Potato Gluten-Free Gulab Jamun



INGREDIENTS

Dough:

- 120 g sweet potato
- 40 g almond flour
- 40 g tapioca starch
- 20 g rice flour
- 1 tsp baking powder
- 40 g non-dairy milk
- Oil for deep frying

Syrup:

- 1 cup water
- 1 cup sugar
- 1 tsp lemon juice
- 3 cardamom pods, crushed

Methods

1. Begin by peeling the sweet potato, cutting it into small pieces, and boiling them for about 10 minutes until they are soft. Mash them well and allow them to cool.
2. Sift and combine all the dry ingredients - almond flour, tapioca starch, rice flour, and baking powder. Mix them thoroughly with the mashed sweet potatoes and non-dairy milk, initially using a fork and then your hands until you have smooth dough without any lumps of flour. The dough may slightly stick to your hands. Cover it and set it aside.
3. In a small saucepan, combine water, sugar, and lemon juice. Bring the mixture to a simmer over medium-low heat, and then add the crushed cardamom pods. Allow it to cook for 4-5 minutes before removing it from the heat.
4. Divide the dough into 12 equal pieces, approximately 18-20g each, and roll them between your palms to form smooth, round balls.
5. Heat oil in a large pan or pot over medium-low heat. Once the oil is ready, gently add the dough balls. They should float on the surface and start to sizzle gently. Use a slotted ladle to move up and down in the oil, ensuring even frying without touching the balls. Fry them until they expand and slightly brown, around 4-5 minutes. Then increase the heat and fry until they turn golden brown, which takes approximately 3-4 minutes more.
6. Once fried, remove the balls from the oil and place them on paper towels to absorb the excess oil. Let them rest for about 10 minutes.
7. Submerge the fried dough balls in the warm sugar syrup. Allow them to soak for at least 1 hour, turning them halfway through to ensure even absorption of the syrup.
8. Serve the Gulab Jamuns warm or at room temperature.