

DEEPAVALI - A FESTIVAL OF LIGHTS

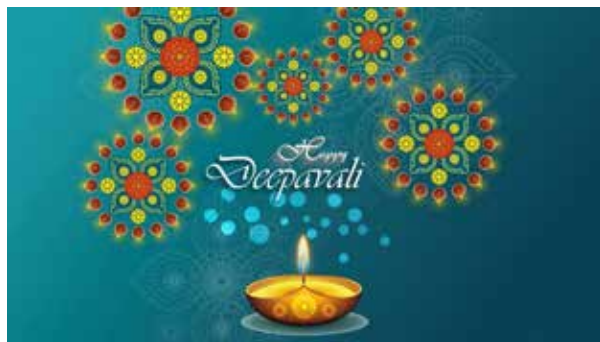


Shanthi
Suresh

Traditionally Indian sweets are called 'Mithai'. It is an old tradition of considering sweets to be pure and an offering to the gods. Sweets are a small gesture of greeting people, family, and friends with the joy of celebrating the Deepavali or Diwali festival.

Deepavali is the Indian festival of lights that occurs in November. Rows of lamps are lit inside and outside homes and buildings for the holiday. Imagine how bright that must be! The Festival of Lights is the most celebrated Hindu festival. It is the festival of renovating our lives. The festive preparations begin well in advance with cleaning. Sweets and savories are prepared, and decorations with lamps are displayed.

The lights line the street and even are floated down rivers on little boats. Nowadays the traditional small lamps are joined by LED light displays. All these lights represent the triumph of light over dark and the power of good over evil.



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ALMOND BURFI

Shanthi Suresh. Do It Green! Minnesota

A traditional sweet for the festival of Deepavali

There are lots of traditional Deepavali sweet and snacks. Some of them are adhirasam, gulab Jamun, laddu, milk cake, sev, mixture, kara boondhi and ommapodi.

SUPPLIES NEEDED:

- Water: 1 cup
- Brown sugar: 1/2 cup
- Salt: a pinch
- Cardamom: 2 pinch
- Almond powder: 1 cup
(Blanched or unblanched can be used)
- Flax seed: 1 tsp
- Ghee/butter for greasing



INSTRUCTIONS:

1. Take a heavy bottom saucepan or cast-iron skillet/kadai
2. Switch on the gas - medium flame
3. Add 1 cup of water. Let the water boil. It will take around about 3 to 5 minutes to boil.
4. Then add 1/2 cup of brown sugar
5. Once the brown sugar dissolves in water. Add the almond flour
6. Stir them well.
7. Once bubbles form, then add a pinch of salt.
8. Add 2 pinch of cardamom
9. Mix them well.
10. After 7 to 10 minutes of adding the almond flour, it will start to splatter so turn the flame to low and cook for 5 minutes
11. After 5 minutes, bring back the flame to medium heat.
12. After 5 minutes, grease your fingers and get some cooked burfi in a bowl and make them into balls (to check if the consistency has attained). If we can make small balls, then it is time to switch off the flame.
13. Let it be for 5 minutes in the pan.
14. Meantime, grease the pan
15. After 5 minutes, spread the cooked burfi evenly in the pan using a greased spoon.
16. Sprinkle 1 tsp of flax seed.
17. Press them with the greased spoon in order to prevent the flax seed from falling while cutting the burfi.
18. Let it cool down for 2 to 4 hours.
19. Once cool down transfer into another pan and cut them into desired shape.
20. Soft, and yummy almond burfi is ready to eat.



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