



Coconut Laddoos

## **Introduction**

Coconut laddoos are a delightful and traditional Indian sweet that are especially popular

during the festive season, including Diwali. These bite-sized treats are made using simple ingredients, making them easy to prepare at home. With their rich coconut flavor and sweet touch, they are sure to please anyone with a sweet tooth. In this article, we will explore the ingredients and steps to make these delicious coconut laddoos.

## **Detailed Ingredients with measures**

Desiccated coconut: 2 cups

Condensed milk: 1 cup

Cardamom powder: 1/2 teaspoon

Ghee (clarified butter): 2 tablespoons

Chopped nuts (cashews, almonds, etc.): 1/4 cup (optional)

Food coloring (optional): a few drops

## **Prep Time**

Prep time: 10 minutes

## **Cook Time, Total Time, Yield**

Cook time: 10 minutes

Total time: 20 minutes

Yield: Approximately 15-20 laddoos



Coconut Laddoos

## Detailed Directions and Instructions

**Step 1: Toast the Coconut**

Begin by toasting 2 cups of desiccated coconut in a pan over medium heat. Stir frequently until the coconut turns light golden brown, which should take about 5-7 minutes. Set aside to cool.

**Step 2: Prepare the Mixture**

In a medium-sized pan, heat 1 cup of full-fat milk and bring it to a gentle boil. Once boiling, reduce the heat and add the toasted coconut to the pan.

**Step 3: Add Sweetener**

Stir in 1 cup of condensed milk to the coconut and milk mixture. Mix thoroughly to ensure the ingredients are well combined.

**Step 4: Cook the Mixture**

Continue to cook the mixture on low heat for about 10-15 minutes, stirring continuously until it thickens. You want the mixture to pull away from the sides of the pan.

**Step 5: Cool the Mixture**

Once thickened, remove the pan from the heat and let the mixture cool slightly. It should be warm but manageable to touch.

**Step 6: Shape the Laddoos**

Once the mixture is cool enough to handle, grease your palms with a little ghee and take small portions of the mixture. Roll them into ball shapes, about 1 inch in diameter, to form laddoos.

**Step 7: Coat with Coconut**

Roll each shaped laddoo in extra desiccated coconut for an added layer of flavor and texture.

**Step 8: Set the Laddoos**

Place the finished laddoos on a plate lined with parchment paper and let them set for at

least 30 minutes before serving.

## Notes

### Serving Suggestions

Coconut laddoos can be served as a sweet snack or dessert and are perfect for festive occasions like Diwali.

### Storage

Store the laddoos in an airtight container at room temperature for up to a week. For longer storage, refrigerate them for up to two weeks.

### Variations

Feel free to experiment with additional ingredients such as crushed nuts, cardamom powder, or chocolate to create different flavors.

### Texture Tip

Ensure that the mixture is properly cooked to achieve the right texture for the laddoos; it should be moist but not sticky.



Coconut Laddoos

## Cook techniques

**Click next page below**