



Baked Gulkand Gujiya



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Introduction

Gulkand Gujiya is a delightful Indian sweet pastry that combines the richness of gulkand, a sweet rose petal preserve, with a crispy outer shell. Traditionally prepared during festive seasons, these gujiyas are not just a treat for the taste buds but also a visual delight. This recipe brings a modern twist to the classic gujiya, transforming it into an unforgettable dessert that will impress your family and friends.

Detailed Ingredients with measures

Flour - 2 cups
Semolina - 1/4 cup
Ghee - 1/4 cup
Water - As needed
Gulkand - 1 cup
Chopped nuts (cashews, almonds) - 1/4 cup
Cardamom powder - 1/2 tsp
Powdered sugar - 1/2 cup
Oil - For deep frying

Prep Time

30 minutes

Cook Time, Total Time, Yield

Cook Time - 15 minutes

Total Time - 45 minutes

Yield - 15 gujiyas



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Detailed Directions and Instructions

Prepare the Dough

In a mixing bowl, combine all-purpose flour and a pinch of salt. Add melted ghee and mix until the mixture resembles breadcrumbs. Gradually add water and knead into a smooth dough. Cover it with a damp cloth and let it rest for 30 minutes.

Prepare the Filling

In a separate bowl, mix grated coconut, gulkand, powdered sugar, and cardamom powder. Ensure the mixture is well combined and has a moist consistency.

Shape the Gujiya

Divide the rested dough into small balls. Roll each ball into a small disc. Place a spoonful of the filling in the center of each disc. Fold the disc over to form a half-moon shape, sealing the edges by pressing them together or using a fork for a crimped effect.

See also [Festive Holiday Cheese Board Ideas](#)

Prepare for Frying

Heat oil in a deep frying pan on medium heat. Ensure the oil is hot enough by dropping in a small piece of dough; it should sizzle and rise to the surface.

Fry the Gujiya

Carefully add the shaped gujiyas to the hot oil, a few at a time. Fry until they are golden brown on both sides. Remove them from the oil and

drain on paper towels to absorb excess oil.

Serve

Let the gujiyas cool slightly before serving. They can be enjoyed warm or at room temperature.

Notes

Storage

Store leftover gujiyas in an airtight container at room temperature for up to a week.

Variations

Feel free to experiment with the filling by adding nuts or different dry fruits for added texture and flavor.

Serving Suggestions

Gujiyas can be served with a side of sweetened condensed milk or a simple dusting of powdered sugar for extra sweetness.



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Cook techniques

Making the Dough

The dough for gujiya should be made with a combination of all-purpose flour and a bit of ghee. It should be kneaded until it is smooth and pliable, allowing it to rest for at least 30 minutes for better elasticity.

Rolling Out the Dough

When rolling out the dough, make sure to keep it evenly thick. Use a light hand to ensure that the dough does not become too thin and tear during the filling process.

Preparing the Filling

The filling mixture should be combined thoroughly. Cooking the khoya, mixing in the gulkand, and adding cardamom will enhance the flavors. Make sure the mixture cools down before using it to fill the gujiya.

See also Apple Crisp Cheesecake

Shaping the Gujiya

Take small portions of the rolled-out dough and place the filling in the center. Carefully fold the dough over and seal the edges by pressing them together, ensuring a secure closure to prevent any filling from leaking out during frying.

Frying the Gujiya

Fry the gujiya in medium-hot oil. Ensure that the oil is hot enough before adding the gujiya to prevent them from absorbing too much oil. Fry until golden brown, flipping them a couple of times for even

cooking.

Draining Excess Oil

After frying, place the gujiya on a paper towel-lined plate to absorb excess oil, which helps in keeping them crispy.

FAQ

Can I use whole wheat flour instead of all-purpose flour?

Yes, you can use whole wheat flour for a healthier option, but it may change the texture and taste slightly.

How do I know when the oil is hot enough for frying?

You can test the oil by dropping a small piece of dough into it. If it bubbles and rises to the surface, the oil is ready for frying.

What can I substitute for gulkand in the filling?

If you don't have gulkand, you can use a combination of dried rose petals and sugar or even a fruit preserve as a substitute.

Can I bake gujiya instead of frying them?

Yes, gujiya can be baked for a healthier alternative. Brush them with ghee or oil before baking to achieve a golden color.

How should I store leftover gujiya?

Store leftover gujiya in an airtight container at room temperature, and they will stay fresh for a few days. For longer storage, you can refrigerate them.

See also Creamy Ranch Chicken



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Conclusion

Indulging in these baked gulkand gujiyas is a delightful experience that beautifully merges traditional flavors with modern baking techniques. The sweet rose-flavored filling wrapped in a crispy shell makes for a perfect treat for any occasion. These gujiyas not only bring back nostalgic memories but also impress with their unique taste and presentation.

More recipes suggestions and combination

Rose and Cardamom Cupcakes

Elevate your dessert game with these soft and fragrant cupcakes that incorporate the delightful flavors of rose and cardamom, perfect for tea-time or special celebrations.

Pistachio and Saffron Rice Pudding

Savor the creamy richness of rice pudding infused with the exotic flavors of pistachio and saffron, making it a luxurious dessert choice for festive occasions.

Mango and Coconut Lassi

Cool down with this refreshing drink that combines the tropical flavors of ripe mangoes and creamy coconut, perfect for a hot summer day.

Chocolate Rose Mousse

Treat yourself to a decadent chocolate mousse infused with a hint of rose essence, providing a unique twist to a classic dessert.

Cardamom Spiced Biscotti

Enjoy these crunchy biscotti that are not only flavored with cardamom but can also be paired with your favorite tea or coffee for a delightful snack.



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