

# Online Events Calendar - Nov 2020

05  
Thursday  
6.00 pm

## Tabla Recital

by Sudip Chatterjee from India  
accompanied on Harmonium by Sri Krishnendu



# Sanskarika

Newsletter of Swami Vivekananda Cultural Centre  
High Commission of India, Colombo

Nov 2020

'Morning Raaga'  
The online morning concert.  
Hindustani Classical Vocal Solo Performance  
by Gimhana Komangoda (Shasthrapathi, Sangeet Nipun)

15  
Sunday  
9.00 am



21  
Saturday  
6.00 pm

## Carnatic Vocal Recital

by the disciples of Ms. Dhaaranie Rajkumar



IL Poya Day 2020

27  
Friday

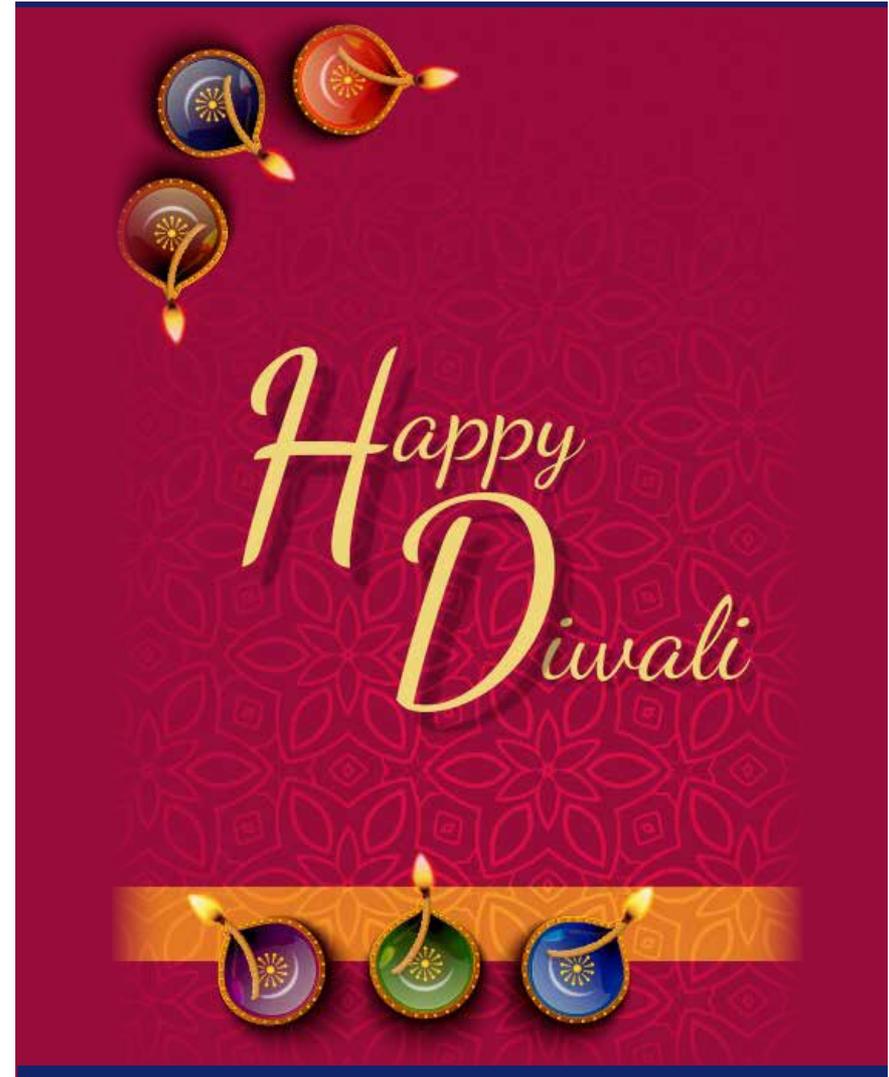


For details in regard to online classes on Bharatha Natyam, Kathak,  
Sitar, Violin, Tabla, Carnatic vocal, Yoga and Hindi  
please call on tell no.011 2684698 or email to [iccrcolombo2@gmail.com](mailto:iccrcolombo2@gmail.com).  
For upcoming facebook live events, visit [www.facebook.com/ICCRSriLanka](http://www.facebook.com/ICCRSriLanka)

Free Events. All are cordially invited

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Tel: 011 2684698 Email: [iccrcolombo@gmail.com](mailto:iccrcolombo@gmail.com) Facebook: [facebook.com/ICCRSriLanka](https://www.facebook.com/ICCRSriLanka)

UNIE ARTS, 011 2330195



# DIWALI is a time of SWEETS AND GIFTS

People celebrate this occasion by preparing sweets and distributing them to their friends, neighbors and relatives. Here are the most popular Indian sweets prepared and consumed during Diwali time in India.



## GULAB JAMUN



- Niranjan VinodKumar

### INGREDIENTS

- ♦ 1 cup Sugar
- ♦ 1½ cups Water
- ♦ 3 Green Cardamom pods
- ♦ 1-2 drops of Lemon Juice, optional
- ♦ ½ cup Milk Powder
- ♦ 1 tablespoon Maida (all purpose flour)
- ♦ 1/8 teaspoon (a small pinch) Baking Soda
- ♦ 1 tablespoon Ghee
- ♦ 2-3 tablespoons Milk
- ♦ Oil or Ghee, for deep frying

### MAKING SUGAR SYRUP

1. Add 1.5 cups sugar and lightly crushed 4 green cardamoms to a pot. You can also use organic or turbinado sugar, the color of the syrup will be darker.
2. Pour 1.5 cups water.
3. Boil this until the syrup turns slightly sticky. To check this, cool

little syrup in a small plate. Dip your fore finger in it and touch with your thumb. You should feel it is slightly sticky. It should not reach one string consistency.

4. If you fail to make the syrup correctly, then the jamuns will not soak the syrup and turn soft. If you go past the sticky syrup stage, you will end up in a one string consistency. In that case, add little water and stir. Check again. Switch off. Add rose water.

### MAKING DOUGH

1. Measure 1 cup milk powder, ¼ cup + 1 tbsps all purpose flour or maida and then a large pinch of soda. If you use more soda then the balls may break.
2. Then mix them up very well or sieve it. Make sure the mixture is uniform. Add 1 tsp of ghee.

3. Next mix well everything.
4. Take 1 tbsp of yogurt or ¾ tbsp lemon juice and 2 tbsp of milk. Mix both together.
5. Pour 1.5 tbsp of this to the flour. Begin to mix. Use up the rest as needed. I used up full 2 tbsp of it. Do not knead the dough. If the dough is too dry use little more milk.
6. The dough turns slightly sticky and refuses to leave the fingers. Grease your fingers and make a stiff yet soft dough. This should be the right consistency of the dough. If by chance it turns sticky sprinkle another tsp of plain flour. This is just to fix and does alter the texture.
7. Divide the dough to 14 to 18 equal portions and make smooth balls without any lines or cracks on them. Do not knead or press the balls. Be gentle in handling the dough.
8. Check your syrup if it is still hot. If not, heat it up once more. The syrup must be hot and not very hot. When you dip your finger, you must feel it is hot. But not very hot that you cannot tolerate the heat. Leave it on the stove.

#### HOW TO MAKE GULAB JAMUN

1. Pour ghee or oil to a hot pan. I prefer ghee to oil since ghee has a better smoke point than oil.
2. Ghee or oil must be just medium hot and not very hot. Else the

gulab jamun will brown without cooking inside. To check the correct temperature, add a small piece of the dough to the oil.

3. The ball must rise slowly without changing its color much. This is the right temperature. If the ball rises fast, then it means the temperate is a bit high. Then take off from the stove for a while.
4. Add the balls gently and fry them on a medium heat for 1 to 2 mins. I added all of them at one time. But be sure not to crowd them. While frying they will increase in size, so provide them enough space in the pan.
5. After 2 mins of frying, reduce the flame to low and fry until golden. Keep stirring gently to fry them evenly. Since I used a flat pan, I tilted my pan slightly and fried to give them a even color.
6. When they turn golden, take them off the pan using a deep fry skimmer or a strainer. Drain them very well.
7. Add them directly to the hot sugar syrup. Do not dunk them with oil dripping. The sugar syrup must be hot, not very hot or steaming hot. Garnish with chopped pistachios and serve after 3 hours.

Your tasty gulam jamun is now ready to be eaten



## MILK POWDER BURFI

- Sangeeta Swain

#### INGREDIENTS

- ♦ ¾ cup milk
- ♦ ½ cup sugar
- ♦ ½ cup ghee/clarified butter
- ♦ 2½ cup of milk powder
- ♦ ¼ tsp Caedmon powder
- ♦ 3tbsp almonds chopped
- ♦ 4tbsp condensed milk

#### PROCEDURE

- 1 firstly, in a large kadai add in ¼ cup ghee and ¾ cup milk & condensed milk.
- 2 keeping the flame on low add in 2½ cup milk powder.
- 3 also add ½ cup sugar. add more sugar if required.
- 4 mix well making sure everything is combined well. stir continuously keeping the flame on low and no lumps formed.
- 5 also stir till the sugar dissolves.
- 6 now keep stirring keeping the flame on low till milk thickens. furthermore, the milk forms

dough after stirring for 10 minutes.

- 7 now the dough separates from the pan.
- 8 do not over cook, as the burfi turns chewy.
- 9 add in ¼ tsp cardamom powder and combine well. transfer the prepared dough into greased plate or cake tray greased with ghee & place a baking paper down of the plate or cake tray.
- 10 set well forming a block. now top with few chopped almonds and press slightly.
- 13 allow to set for 2 hours, or keep it in refrigerator till it sets completely.
- 14 now unmould and cut into pieces in square shape or round it like peda.
- 15 finally, serve milk powder burfi or store in airtight container. Enjoy this scrumptious sweet in this Diwali...

# MOHAN THAL



- Falguni B Vasanji



## INGREDIENTS

- ♦ 1/4 cup Milk
- ♦ 2-1/4 cups Ghee
- ♦ 4 cups Gram flour (besan)
- ♦ 1 tablespoon Cardamom Powder (Elaichi)
- ♦ 10 Badam (Almond), finely chopped
- ♦ 10 Pistachios, finely chopped
- ♦ Ingredients for the Sugar Syrup - 2 cups Sugar

1. Directions for Traditional Gujarati Mohanthal Recipe - Gram Flour Fudge with Nuts and Saffron
2. To begin making the Mohanthal Recipe, we will first prepare our dish for setting the Gujarati Mithai. Grease an 8 x 8 inch square pan with a minimum of 2 inch rim with ghee and set aside.
3. Add 1-1/2 cups of ghee to the gram flour in a large bowl and combine well with fingers to make a mixture that feels like coarse crumbs. Stir in the milk to the above coarse crumbs mixture and rub between the palms to combine well.
4. In another sauce pan; heat the 2 cups of sugar and 1-1/2 cups of water simmering it until it reaches a two thread consistency, about 10 minutes. Remove from heat and keep it warm.
5. Heat the remaining ghee in a

large sauce pan and add the above flour mixture, stirring continuously until golden brown and releases a roasted aroma about 7 to 10 minutes. Stir in the nuts and cardamom until combined.

Gradually add the sugar syrup and keep stirring till the mixture thickens and leaves the sides of the pan. Take care not to stir for too long; if you do the mixture will become too rubbery when set.

6. Turn off heat and transfer the Mohanthal mixture into the greased rectangular pan, leveling such that the Mohanthal is about two inches in height.
7. Run a knife to cut the Mohanthal into squares and allow it to cool on the tray for more than a couple of hours to set. Once cooled completely, separate the pre-cut squares and serve.

Store the Gujarati Mohanthal Mithai in airtight containers in the refrigerator for about 2 weeks.

Serve the Gujarati Mohanthal for the festivals like Diwali or even make it as a sweet for friends and family. You can serve it as it is or it warm by heating in the microwave for a few seconds.

# MINI RASMALAI



- Lotus Vinod



## INGREDIENTS

- ♦ Milk 1 litre
- ♦ Sugar 1 cup
- ♦ Water 750 ml
- ♦ Water & vinegar 2:2 tbsp
- ♦ Cornflour 1 tsp (Optional)

## FOR MALAI

- ♦ Milk 1 litre
- ♦ Sugar 1/4 cup
- ♦ Saffron 4-5 strands
- ♦ Crushed Cardamom 2-3

## GARNISHING

- ♦ Saffron 4-5 strands
- ♦ Pistachios 6-7 chopped

## PROCEDURE

1. Boil milk in a heavy bottom pan. Once it comes to boil, switch off the flame
2. Mix water and vinegar in 2:2 ratio and Pour gradually in milk
3. The Milk will curdle gradually
4. Using a strainer or Muslin cloth drain the water and collect the chena.
5. Rinse it with water so that there's no trace of vinegar in it.
6. Leave it in the strainer for 10-15 minutes and then take the chena in your hand and squeeze out remaining water slowly.
7. Take a flat plate add cornflour and start mashing the chena until smooth.
8. Set the clock to 10 minutes and mash constantly for 10 minutes using your palm. Once it's smooth, make small cylindrical shape out of it.

9. With this measurement u can make approximately 15-20 pieces
10. Heat 1 cup sugar in 750 ml water in a wide pan and wait till it comes to a full boil.
11. Drop the Chena pieces in boiling sugar syrup and cook for 15-17 minutes. The sweet will double in size by then.
12. Take out the balls from the syrup and drop them in fresh water. If they sink to the bottom, the balls are done.

## MALAI

1. In a heavy bottom pan, boil 1 litre milk.
2. Soak few strands of saffron in a tablespoon of warm milk and set aside.
3. Once the milk comes to a boil, lower the flame and continue to stir the milk at regular intervals.
4. After 10 minutes add sugar and mix
5. Cook until the milk reduce to 1/2 portion, add soaked saffron and crushed cardamom.
6. Take out the cooled rasmalai balls from the sugar syrup, squeeze and flatten a bit with your hands.
7. Transfer the balls to thickened milk. Cook in low heat for 5 min
8. Chill in the refrigerator overnight or for 5-6 hours. Garnish with chopped pistachios and few saffron strands before serving.
9. Mini Rasmalai sweet is ready to enjoy

# KALAKAND



- Dr. Gitanjali Goswami



It basically has only 2 ingredients - milk and sugar, everything else is optional.

## INGREDIENTS

- ♦ Milk 2 litres
- ♦ Lemon Juice 5 tbsp
- ♦ Sugar 2cup
- ♦ Cardamom 10nos
- ♦ Ghee 1tsp (Optional)

## MAKING THE CHENA

(Indian cottage cheese)

1. Take 1 Litre milk in a wide pan. Put it to boil.
2. Once it comes to a boil, switch off the flame and remove the pan from the stove.
3. Add in the lemon juice till the milk starts to curde.
4. Using a strainer, drain the liquid and keep the paneer/chena aside.

## Making the Kalakand

1. In another pan, put the remaining 1 litre of milk to boil.
2. Continue boiling the milk till it starts to thicken; keep stirring the milk at regular intervals else it might get stuck at

the bottom. After around 20 minutes add the chena, that we prepared before, to the thickened milk. Stir the mixture continuously. Keep the flame at medium-low heat.

3. Cook the mixture for another 10 minutes or so and add in the cardamom powder.
4. The mixture will start to get really thick now. Add the sugar now. I have added one and half cup of sugar. Once you add the sugar, the mixture will again become little thin. Keep cooking till it starts becoming thick again.
5. Once the mixture reaches a consistency where it looks like it will set, switch off the flame and keep the pan aside. Take a plate, grease it with little ghee and pour the mixture on it. Press the mixture using your hands.

Once the kalakand has set in, cut into squares or any shape you like.

# DAHI VADE



- Mrs. Anju Patnaik



## INGREDIENTS

- ♦ Urad Dal 3 cups
- ♦ Ginger 1inch
- ♦ salt 3/4 tsp
- ♦ Cummins seeds 1/2 tsp
- ♦ Oil 3cups
- ♦ Curd 1/2 kg
- ♦ Chilly powder 1tsp
- ♦ rock salt 1tsp
- ♦ cummin powder 3tsp

## PROCEDURE

1. Soak urad daal in water overnight
2. Nicely wash it & grind it in the mixer!
3. Now put grated ginger & cummin in it !
4. Put salt in it & mix well .
5. Put the wok with oil on flame of gas!
6. Let the oil heat for 5 mins.
7. Make vadas out of the urad dal & fry them nicely.

8. After vadas are taken out of the wok put them in curd with salt & chilli powder.
9. Then temper it in oil , put
10. 1teaspoon mustard seeds, red chillies & curry leaves!  
We can also garnish it with tamarind chutney!

## Recipe of Tamarind Chutney:

### INGREDIENTS

- ♦ Tamarind 100 g
- ♦ Jaggery 350gms
- ♦ salt 1/2 tsp
- ♦ cummin seeds powder 1tsp
- ♦ chilly powder: 1 /2tsp .

### PROCEDURE

1. Boil the tamarind pulp & jaggery with all the above spices !
2. Cool down for 1/2 hr . Tamarind chutney is ready.



# MYSORE PAK



- Soumya Rajeev

## INGREDIENTS

- ♦ 1 cup besan
- ♦ 2 cups sugar
- ♦ 1 cup ghee
- ♦ 1/2 cup water

## PROCEDURE

1. Keep a tray greased with ghee.
2. In a pan, melt 1cup ghee and keep it aside.
3. Now heat besan slightly. Make sure that the colour doesn't change.
4. Take a thick bottomed vessel, pour water and add the sugar and bring it to boil. Stir continuously until the

syrup becomes one string consistency.

5. Now slowly add the besan. Keep stirring. When the mixture starts leaving the sides of the vessel, add ghee. Mix well
6. At one stage it becomes frothy without sticking to the sides of the vessel.
7. Now pour it into the ghee greased tray. After it cools down, cut it into pieces.. Enjoy delicious mysore pak.