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How To Cook "Ragi Ladoo" at home?

Here's a simple recipe for making **Ragi Ladoo** at home. This recipe is easy to follow and results in delicious, nutritious ladoos that can be enjoyed as a snack or dessert.

Ingredients:

- **Ragi flour (finger millet flour):** 1 cup
- **Jaggery:** $\frac{3}{4}$ cup (adjust according to your sweetness preference)
- **Ghee (clarified butter):** $\frac{1}{4}$ cup
- **Cardamom powder:** $\frac{1}{2}$ teaspoon
- **Nuts (optional):** 2-3 tablespoons (almonds, cashews, or raisins)

Instructions:

1. **Dry Roast the Ragi Flour:**
 - Heat a heavy-bottomed pan on medium flame.
 - Add the ragi flour to the pan and dry roast it for about 5-7 minutes, stirring continuously to prevent burning.
 - The flour will turn slightly darker and release a nutty aroma. Once roasted, remove the flour from the pan and let it cool slightly.
2. **Prepare the Jaggery Syrup:**
 - In the same pan, add a little water (about 2-3 tablespoons) and the jaggery. Heat the mixture until the jaggery melts completely.
 - Stir the mixture to ensure the jaggery is fully dissolved, then strain it to remove any impurities.
3. **Mixing the Ingredients:**
 - Return the roasted ragi flour to the pan on low heat.
 - Slowly add the melted jaggery to the flour while continuously stirring to combine them well.
 - Add the cardamom powder to the mixture.
 - If you're using nuts, chop them finely and add them to the mixture as well.
4. **Add Ghee and Shape the Ladoos:**
 - Gradually add the ghee to the mixture, stirring continuously. The mixture should start to come together and look glossy.
 - Once the mixture is well combined and still warm, take small portions of it and shape them into round balls (ladoos) using your palms. Press the mixture firmly to make sure the ladoos hold their shape.
5. **Cooling and Storing:**
 - Let the ladoos cool down completely before storing them.
 - Store them in an airtight container at room temperature. They can last for up to 2 weeks.

Tips:

- **Ghee Quantity:** Adjust the amount of ghee as needed. If the mixture is too dry and crumbly, add a little more ghee.
- **Jaggery:** You can also use powdered jaggery for convenience. If you prefer, you can substitute jaggery with sugar, though jaggery is more nutritious.
- **Nuts:** You can toast the nuts separately before adding them to enhance their flavor.

Enjoy your homemade Ragi Ladoos, which are not only delicious but also packed with health benefits!