

DIWALI IN HARROW



Premila's Veggie Recipes

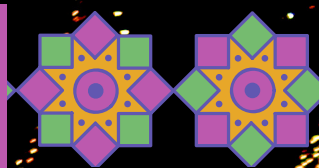
FREE COMMUNITY RECIPE BOOK

Diwali: A Celebration of Culture and Food in Harrow
A Project Funded by the London Museum Development





Easy Peasy Naans by Red Cup Cafe



Makes 10 Small-ish Naans

Ingredients:

- 2 mugs self raising flour (any mug you have your tea/coffee in)
- 1 mug natural yogurt
- Large pinch salt

Method:

1. Mix all the above and knead until a smooth dough. (you may need to add a little sprinkle of flour if the dough is too sticky) Rub a little oil over and cover and leave to stand for an hour or so.
2. Roll out, put straight onto a dry frying pan (preheat on a medium flame), cook for 2 mins on one side, flip and press with a spatula until brown dots appear underneath then flip again for 30secs.
3. Reena brushes hers with melted butter, crushed garlic and coriander (can also add kalonji/black onion seeds to the dough before rolling out).



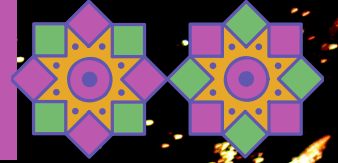
"This was my lockdown staple and as it only requires 2 ingredients which are fridge and store cupboard staples, it was so easy to make these. Plus we used them as wraps and naan pizzas."
Reena Chotai, Director of The Red Cup Café



www.redcupcafe.co.uk
[@redcupcafeuk](https://www.instagram.com/redcupcafeuk)



Alu Vadi by Gargi Raut Founder of FoodieDuMonde



Ingredients:

- 5 to 6 colocasia leaves depending on size (aka alu leaves in Marathi language) for serving two people
- 1 cup chickpea flour aka besan
- 2 tablespoon tamarind pulp
- 1 teaspoon each of grated ginger and garlic
- 1 teaspoon garam masala, 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder (haldi)
- 1 to 2 teaspoon red chilli powder
- 2 green chillies (skip if don't want it spicy)
- 2-3 teaspoons jaggery
- 1 cup freshly grated coconut
- Coriander leaves for garnishing
- Salt to taste

Key Steps

1. De-stem and thoroughly wipe the colocasia leaves. You will need five to six leaves to make one roll of Alu Vadi. Tip: To easily roll, flatten the middle vein of the leaf with a rolling pin.
2. Separately roast the grated coconut until golden brown and keep aside.
3. Then make a thick paste (preferably in a blender) with the chickpea flour, tamarind, spices, jaggery, salt, ginger/garlic and previously roasted coconut. Add water for a batter like consistency.
4. Then place one leaf (ideally the biggest one first) on a flat surface to begin the very delicate preparation.
5. Spread a thin layer of the paste prepared above on the leaf. Tip: Keep the edges of the leaves free from the batter for ease of rolling later.
6. Carefully place one more leaf on top of this, ideally in an upside down position (i.e. tip of the leaf in the opposite direction of the first leaf). Then spread some more of the paste on this leaf.
7. Place another leaf over it and keep repeating these steps till you have a stack of five to six leaves.
8. Now the tricky and artistic part of the procedure which my Grandma does the best! Using the stem side of the leaf you need to fold each side into the middle and add some more batter for them to stick. Once this is done start making a roll out of it from bottom to top.
9. Another tip to make sure it all stays together; you can bind it all together with a thin white thread so that things don't fall apart. Tip: Be patient if they do fall apart the first time, c'est la vie!
10. Then you steam the roll for ten to twelve minutes in a steamer (or a pressure cooker without a whistle), till cooked. Once cooled, slice them into pieces of around 1 cm each. These are good to eat like this or you can temper and shallow fry them as per taste (I prefer them shallow fried in a pan till golden brown). Serve hot and garnish it with freshly grated coconut and coriander leaves.



"It's an accompaniment generally made during key Western Indian festival occasions like Diwali, Sankranti and Ganesh Chaturthi. It reminds me of the festive seasons back home I would like dedicate this write up to my beloved Grandma Kamal Vartak, who resides in Mumbai."

- Gargi Raut



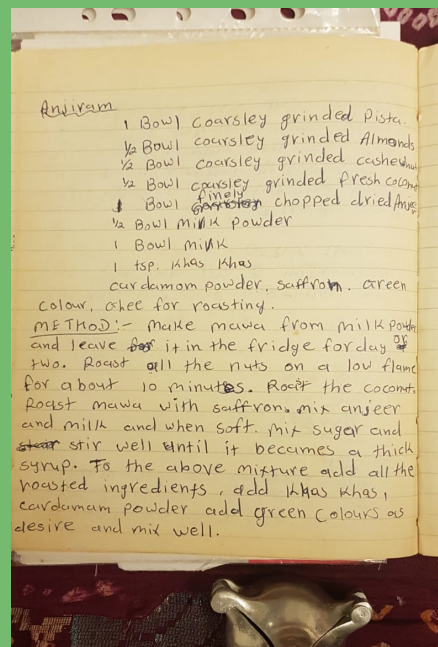
Anjeeram (Sweet dish made of Figs) By the late Devyani Mehta, provided by by Mala Vadgama



Ingredients:

- 1 bowl of coarsely ground pistachios
- 1/2 bowl of coarsely ground almonds
- 1/2 bowl of coarsely ground cashews
- 1/2 bowl of coarsely ground fresh coconut
- 1 bowl of finely chopped dried anjeer (figs)
- 1/2 bowl of milk powder
- 1 bowl of milk
- 1 tsp khas khas (poppy seed)
- sugar to taste
- cardamom powder to taste
- saffron to taste
- a few drops of green food colour
- 2 spoons of ghee for roasting

The original handwritten recipe
from Mala's mother-in-law,
The late Devyani Mehta



Method:

1. Make mawa (milk cheese) from milk powder and leave in the fridge for a day or two - see <https://honestcooking.com/indian-milk-cheese-how-to-make-mawa/> for instructions
2. Roast all the nuts on a low flame for about 10 minutes.
3. Roast the coconut.
4. Roast mawa with saffron.
5. Mix anjeer and milk and when soft mix sugar and stir well until it becomes a thick syrup.
6. To the above mixture, add all the roasted ingredients, add khas khas (poppy seed), cardamom powder, green food colour as desired and mix well.



Mala's mother-in-law
The late Devyani Mehta

"This was a recipe that my mother-in-law often made during Diwali. She passed away in 2016 and we thought this would be a lovely way to commemorate her love for food by sharing one of her tasty Diwali recipes. She lived in Harrow and Diwali was always celebrated with family and friends with the sharing of food and love." - Mala Vadgama Mehta





Adai with Avial and Coconut Chutney by Janani



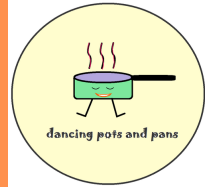
@dancingpotsandpans



Adai:

Soak the below for 5+ hours :

- 1/2 cup parboiled rice
- 1/2 cup basmati rice
- 1/2 cup toor dal
- 1/2 cup chana dal
- 1/2 cup moong dal
- 1/4 cup urid dal
- 4 dried chillies



Finely chop the below:

- 1/2 onion
- 2 green chillies
- 1 handful coriander leaves

1. Blend the soaked ingredients with 1 teaspoon of asafoetida till the texture is slightly gritty.
2. Then add 1 teaspoon of salt (or more if you prefer), the chopped ingredients and mix by hand.
3. Leave the batter for an hour then fry the batter as you would a pancake! And voilà!



"As a family we take every and any opportunity to get together and enjoy food! Diwali for me represents the same ideal. So, I've decided to write down one of my mum's recipes! As children we did stuff like Rangoli and light candles etc. but we always just stayed at home and used it as an excuse to relax and eat good food...which is what I'll be doing this year too!" - Janani

Coconut chutney

1. Sauté one seeded red chilli, 1/2 chopped onion, 1 garlic, 1/2 cm thickness slice of ginger.
2. Add to blender with salt to taste, 1 cup desiccated/ grated coconut and 1/4 cup water.
3. Blend till just ever so slightly blended but still chunky and it's ready to serve!

Avial:

Chop the below vegetables to roughly the same size - also feel free to use whatever veggies you want

- 1 chow chow (Chayote Squash)
- 1 carrot
- 1 small potato
- 100g green beans
- 1 plantain
- 1/2 medium sized aubergine
- 1/2 onion

You'll need:

- 3 tablespoons desiccated/grated coconut
- 1/3 teaspoon cumin
- 2 green chillies
- 200ml water, 1 teaspoon salt, 1/4 teaspoon turmeric
- 3 heaped tablespoons yoghurt
- 1 teaspoon coconut oil
- 1/2 teaspoon mustard seeds

1. Boil veggies in water with turmeric and salt till tender.
2. Blend the coconut, cumin and green chillies till you get a chunky paste. Add to veggies and water and cook for three minutes.
3. Temper the mustard seeds in coconut oil and add to coconut mixture + veggies. Wait 10 minutes to cool down then whip or blend the yoghurt till smooth and add to coconut, veggies, mustard seeds. And there you go!

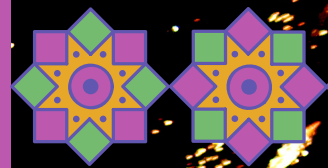


Chocolate Orange KitKat Barfi

by Roopal & Priya,



@VegetarianHotSpots



Serves: 50 KitKat size pieces

Ingredients

- Rice Krispies - 80g
- Cornflakes - 80g
- Weetabix - x2
- Rich Tea biscuits - 150g
- Digestive biscuits - 500g
- Almonds - 100g
- Cashews - 100g
- Pistachios - 50g
- Desiccated coconut - 100g
- Butter - 200g
- Golden Syrup - 400g
- Cocoa powder - 75g
- Orange extract - 2 tbsp
- Terry's Chocolate Milk Orange - 6 boxes (+1 to snack on)
- Coconut oil - 1 tsp (optional)

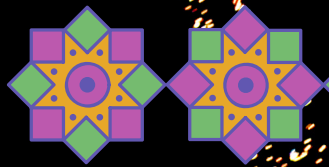
Method:

1. Firstly, make sure you've done your arm stretches - you'll need it!
2. In a very large mixing bowl (around 4L), start crumbling your Rice Krispies, Cornflakes, Weetabix, Rich Tea and Digestive biscuits into small pieces. This will give those biceps a run for their money if you don't have a big enough blender. Everything should be crushed, not quite like sawdust but close to so it still has a crunch.
3. In a blender, blitz together almonds, cashews and pistachios and add it to the cereal mixture with desiccated coconut.
4. In a pan on low heat, melt butter and golden syrup. Once melted, add in the cocoa powder and orange extract and mix well into your dry mixture.
5. Keep mixing until all pieces are covered in the buttery, sweet, chocolatey goodness. The "barfi" should start coming together.
6. Now in a big tray (just over H 4cm x L 40cm x W 30cm), spread out the mixture evenly and pack tightly - we used the bottom of a glass to push it down. Leave the mixture to set in the freezer for 20 minutes.
7. Just before you take out the base, start melting the Terry's Chocolate Orange in a bowl over a hot water pan. Add in coconut oil for a shiny glossy finish.
8. Pour the melted chocolate orange over the base evenly and leave to set in the fridge. It'll need minimum 30 minutes to start firming up.
9. Once both layers are set, cut into pieces (why not try long KitKat rectangles?).
10. Now take your first bite. Amazing right?!

"We are both Hindu, with our ancestral roots tracing back to Gujarat, India. Diwali is our Christmas, we might not exchange presents but you'll expect a family feast with a trip to the mandir (temple) and of course fireworks to round off the day. Sadly, we won't get to do that this year but I'm hoping to see some nasto (Indian Snack) delivered to my doorstep!"

- Roopal & Priya





Saffron Milk Penda (Indian Milk Fudge)
by ChinsKitchen,
Supplier to TAG Drinks Café, Eastcote



Makes: Approx 20 Medium Size

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Storage: Will keep in fridge for 7-10 days, serve at room temperature.

Ingredients:

- 180g Full fat milk powder
- 397g Tin condensed milk
- 2 Tbsp Ghee plus extra for greasing
- 15ml Milk
- Pinch of saffron
- 1/2 Tsp ground cardamom

To Garnish

Saffron strands/coloured sugar strands or ground nuts

Method:

1. Warm the milk slightly, add the saffron to it and leave aside to infuse. In a wide non-stick pan, add milk powder, condensed milk and cardamom and mix thoroughly into a thick paste.
2. Stir the mixture over a low heat, add ghee and saffron infused milk, and continue stirring for 10 minutes. Soon you will start to see the mixture coming away from the sides, as soon as you notice this happening, turn off the heat.
3. Transfer the mixture into a glass bowl and allow it to cool for approx 10 minutes. You should have a dough like consistency that is soft but easy to roll either with rolling pin or into small balls. I have rolled into small balls and pressed into a mould to get this design.
4. Grease your hands and plate with ghee, take small pieces of the mixture, roll and flatten into small disc like shape.
5. Place these shapes on your greased plate and make a slight indent on top with your finger.
6. You can leave penda as they are or garnish with nuts, saffron or even coloured sugar strands.



*"Diwali is all about sharing sweet and savoury food,
Penda is my favourite Indian Mithai. I would say my
favourite food around Diwali is the great Gujarati feast
we cook as a family the delightful, Thali."*

- ChinsKitchen, <https://chinskitchen.co.uk/>
@chintalkakaya



@TAGdrinks



Dal Makhani by Spice Rack Lounge



Ingredients

- 400g tin brown lentils, rinsed and drained
- 400g tin kidney beans, rinsed and drained
- 1 very large onion, finely chopped, or 200g/7oz frozen diced onion
- 2 tbsp garlic and ginger paste, or 1 tbsp garlic paste and 1 tbsp ginger paste
- 2 tbsp medium curry powder
- Pinch of chilli or cayenne pepper (optional)
- 75g/2½oz butter
- 400g tin full-fat coconut milk
- 400g tin chopped tomatoes
- Salt and black pepper

Method

1. Put the onion, garlic and ginger paste, curry powder, cayenne or chilli (if using) with half the butter in a frying pan over a low-medium heat. Cook until the onions soften.
2. Pour in the coconut milk and tomatoes and season with a pinch of salt and plenty of black pepper. Bring to the boil, then reduce to a simmer. Add the beans, lentils and remaining butter. Simmer for about 30 minutes.
3. Remove from the heat, cover and leave to cool completely; the flavours will continue to cook and develop as it cools.
4. To serve, heat through thoroughly and serve with rice. If you like, scatter over some fresh coriander.



FIND ME AT THE
MUSEUM!



This bottle of "Indian Currie Powder" can be found on display in the Museum! If you look closely you can see some remains still inside! It was made by E Lazenby & Son Ltd who established themselves in 1776 with their signature fish sauce!

HMC 1991:76.1

"For Diwali if we had to choose from the Spice Rack Lounge menu (it's difficult!), then a popular choice is anything from our Chaat Cart Menu! It offers yummy authentic, fun, Mumbai street style snacks such as Paani Puri, Dahi Puri, Samosa Chaat, Bhel... they really make you nostalgic for Indian street food and are great party/celebration food options."

- Spice Rack Lounge



SPICE RACK
LOUNGE

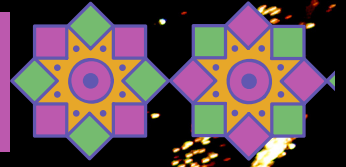
<https://www.spiceracklounge.com/>



@spiceracklounge



Matar Paneer by Spice Rack Lounge



Ingredients

- 1 tbsp sunflower oil
- 225g paneer, cut into 3cm cubes
- 2.5cm piece ginger, grated
- 1 tsp ground cumin
- 1 tsp turmeric
- 1 tsp ground coriander
- 1 green chilli, finely sliced
- 4 large ripe tomatoes, peeled and chopped (or ½ 400g can chopped tomatoes)
- 150g frozen peas
- 1 tsp garam masala
- 1 small pack coriander, roughly chopped
- Naan bread, roti or rice, to serve

Method

1. Heat the oil in a frying pan over high heat until it's shimmering hot. Add the paneer, then turn the heat down a little. Fry until it starts to brown at the edges, then turn it over and brown on each side – the paneer will brown faster than you think, so don't walk away. Remove the paneer from the pan and drain on kitchen paper.
2. Put the ginger, cumin, turmeric, ground coriander and chilli in the pan, and fry everything for 1 min.
3. Add the tomatoes, mashing them with the back of a spoon and simmer everything for 5 mins until the sauce smells fragrant. Add a splash of water if it's too thick. Season well.
4. Add the peas and simmer for a further 2 mins, then stir in the paneer and sprinkle over the garam masala.
5. Divide between two bowls, top with coriander leaves and serve with naan bread, roti or rice.

"For Diwali, we will certainly be decorating the restaurant, one of our favourite things to do! Depending on government restrictions, we will do our best to still serve our patrons in the safest manner possible. If we are able to still provide our festive live music for customers to enjoy dinner to, then we may have musical entertainment restricted to our stage area, along with special offers on food which we have had on throughout the pandemic." - Spice Rack Lounge





Tips from Purple Flame!



1. Don't add too much masala to your food!
2. Keep it simple.
3. Cook food for your customers as if you were going to feed yourself and your family!
4. Very important, make sure all food is prepared fresh and on a day to day basis.
5. Have temperature controls in place.



"Sham Desai and myself
Kalpesh Amlani"



Call to Book your tables on
0208 204 2380

PURPLE
FLAME



@purpleflamerestaurant
<https://www.purpleflamelondon.com/>

"At our restaurant, we have many varieties of food during Diwali, and this year we have a special Street Food Menu derived and loved on the streets of India, especially Mumbai. My favourite during Diwali is the savouries made during this special time, as I know it's not an healthy option, but hey, It's only once a year right. Items such as Mathia, Chakri, Fafra, Ghughra, and the list goes on and on" - Kalpesh

"Normally, we would decorate Purple Flame to give the vibrant Diwali atmosphere, with lights and candles. Offer our customers Indian sweets (Mithai) and a free beverage on New Years Day to celebrate the occasion, as well as saying "Thank You" for their humble patronage. In the past we have also had live music, which we rarely have in our venue, entertaining the families who have come to celebrate with us."
Kalpesh – Director/Owner



Gajar Halwa by Cardamom Kitchen



SERVE: 4
TOTAL TIME: 30 MIN

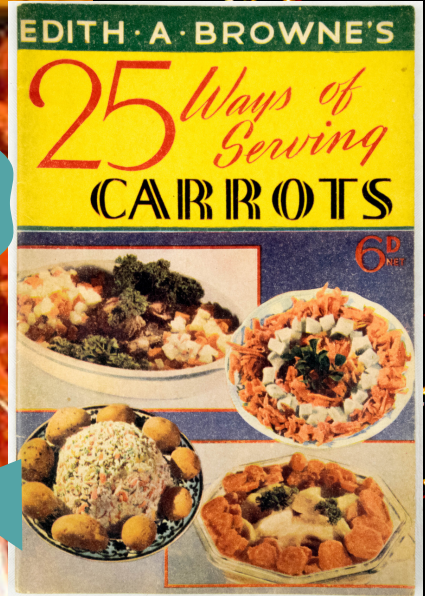
INGREDIENTS

500 grams carrots (peeled & grated)
2 cups milk
1/2 cup sugar
1/2 tsp cardamom powder
2 tbsp ghee or butter
handful of mixed nuts

DIRECTIONS

1. Dry roast the nuts on a low heat until crunchy, cool and chop them
2. Add milk to a pan and bring to a boil.
3. Add the grated carrots to the milk and cook on medium heat, stirring often.
4. When the milk has completely evaporated, add the sugar and stir well. Sugar will release a lot of moisture, cook until half the moisture evaporates.
5. Add in the ghee and saute the mixture until the moisture evaporates completely.
6. When the Halwa thickens and turns aromatic, this means it is ready.
7. Sprinkle the cardamom powder on top and garnish with the chopped nuts.

FIND ME AT THE
MUSEUM!



Looking for new ways to
spruce up your carrots?

This book shows you 25
ways to serve them!
Produced in 1941 for the
war, this book is on display
in our Museum! Check it
out on your next visit!

HMC 1990:46

Let's Celebrate
Diwali!

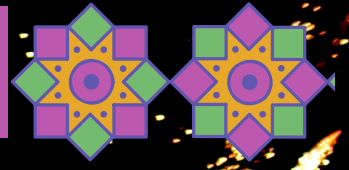


Shenaly Amin
Founder of
Cardamom Kitchen





Nankhatai by Cardamom Kitchen



SERVE: 10 - 12
TOTAL TIME: 35 MIN

INGREDIENTS

125 grams all purpose flour
40 grams gram flour
½ tsp baking soda
1 tsp baking powder
20 grams sooji (fine rava or cream of wheat)
2 to 3 pinches nutmeg powder or grated nutmeg
½ tsp cardamom powder
80 grams ghee or butter at room temperature
100 grams icing sugar
½ tbsp yoghurt
1 to 2 tbsp milk
Few almonds

DIRECTIONS

1. Mix the ghee and icing sugar until it forms a creamy consistency
2. Sift all the dry ingredients into a bowl and set aside.
3. Add yoghurt to the creamed sugar and ghee mixture.
4. Now add the dry ingredients and gently mix it all together to form a smooth dough. If the mixture is too crumbly and you cannot bring together to a dough, then add 1 to 3 tbsp of milk.
5. Form medium sized balls from the dough. Roll evenly into your palms. Flatten slightly and press an almond on top of each ball lightly.
6. Place the Nankhatai in a greased baking tray, keep a small distance between each one as they expand. Bake in the oven at 180 degrees for 20 - 25 minutes till lightly golden
7. Once cooked through, remove from the oven and cool.

FIND ME AT THE
MUSEUM!



Did you know?

In Indian cuisine, nutmeg is used in many sweet and savoury dishes.

In Kerala Malabar region, grated nutmeg is used to prepare meat and also sparingly added to desserts for the flavour.

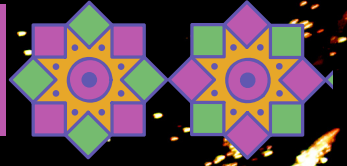
It may also be used in small quantities in garam masala. Ground nutmeg is also smoked in India too!

HMC 1993:211.3





Favourite Mug Cakes by Neeta JVB



Chocolate Raspberry Mug Cake

Ingredients:

- 1 Tablespoon Chocolate Choco chips
- 4 Tablespoons plain flour
- 2 Tablespoons unsweetened coco-powder
- 2 tablespoon sugar
- ½ tsp salt
- 1/8 tsp salt
- 2 Tablespoons oil
- (sunflower oil, Vegetable oil)
- 4 Tablespoon milk
- 6-8 Fresh Raspberries.



1. Put Chocolate chips at the bottom of the mug.
2. Mix all the dry ingredients in a bowl.
3. Add milk and oil.
4. Mix well to make a thick batter.
5. Put half the batter in the mug and add raspberries.
6. Microwave for 1 minute 30 sec.
7. Enjoy immediately!

FIND ME AT THE
MUSEUM!



Did you know?

Menier was initially a pharmaceutical company based in Paris, although not trained as a pharmacist, Jean Antoine Brutus Menier sold a number of different powders for medicinal purposes including chocolate powder. In 1870, a factory was purchased in London - today the Menier Chocolate Factory is a theatre and arts space.

HMC 1998:31.9

Blueberry Lemon Mug Cake

Ingredients:

- 1 Tablespoon oil (coconut or vegetable or sunflower oil)
- 3 Tablespoons milk (almond, oats or regular milk)
- 1 Tablespoon lemon Juice
- 1 Tablespoon lemon Juice
- 1 Tablespoon maple syrup or honey
- 4 Tablespoons plain flour
- ¼ Tsp baking powder
- 8 Fresh blueberries



1. Mix oil, milk, lemon juice and honey in a bowl.
2. Add flour and baking powder. Mix well.
3. Pour in the mug and add blueberries and mix gently.
4. Microwave for 1min
5. Check with toothpick if it's not clean then microwave for additional 10 sec bursts till tooth pick comes out clean.

6. Enjoy immediately!



Paneer Biryani by Alisha Malhotra



Ingredients

- 3 tablespoons oil
- 1.5 cups of crushed peeled tomatoes
- 1.5 cups of water or stock
- 1.5 cups rice
- 1 large onion sliced
- 2 cups sliced mushrooms
- 6 cups spinach leaves
- 1 small block paneer, cubed - use as much or as little as you like
- 3 teaspoons whole cumin
- Salt and garam masala to taste
- 1 teaspoon turmeric
- Any other spices you wish eg: black cardamom, red chillies etc.



@greatfood_greatmood

Marinade for paneer, to coat

- Plain yoghurt
- 2 tsp ginger paste
- 3 cloves garlic paste
- green chillies to taste.

Pre-cooking:

1. Soak rice in boiling water for 1 hour minimum
2. Marinade paneer cubes in plain yoghurt with ginger, garlic, salt, masala 1-2 hours before.

Cooking:

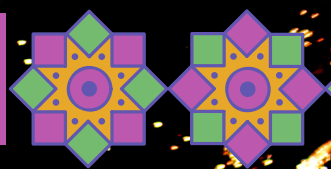
1. Slice onions and sauté in oil till lightly cooked. Add whole cumin.
2. Add vegetables of choice e.g., spinach, peppers, sweetcorn, mushrooms, peas.
3. Add the marinated paneer cubes.
4. When cooked add tomatoes (peeled).
5. Add salt, garam masala, green chillies, fresh coriander.
6. Cook till oil separates from tomato sauce.
7. Par boil rice and add to sauce. Bring to boil and then simmer with lid on

"I shared my recipe during Diwali as it's time not only for celebrations but a time to remember those who don't have food on their table or have light or a roof over their heads. Also this is the time to give to the needy. This is why I am associated with the charity onekindact.org" - Alisha Malhotra





Penda by Premila's Veggie Recipes



Ingredients:

- 300 ml double cream
- 300g milk powder
- 200g granulated sugar
- 1 teaspoon cardamom powder
- 1/2 teaspoon saffron strands
- 2 tablespoons ground almonds and pistachios
- 1 teaspoon ghee/clarified butter
- rose petals and sliced almonds and pistachios to garnish (optional)

Method:

1. In a large microwaveable container, add the cream, milk powder, sugar, cardamom powder and saffron strands and mix well.
2. Put in microwave for 5 minutes (700W).
3. Take out of microwave, add 2 tablespoons of ground almonds and pistachios and put back in microwave for another 5 minutes, stirring once in between.
4. Take out of microwave, mix well, mixture should be golden brown. Leave it to cool for 5-10 minutes until it is cool to handle.
5. Add 1 teaspoon ghee, knead mixture so pendas are nice and smooth.
6. Now roll the pendas or shape in moulds, garnish with rose petals or sliced almonds and pistachios.
7. Let cool completely, serve and enjoy during the Diwali festivities.

FIND ME AT THE
MUSEUM!



Issued during the Second World War, National Dried Milk was a staple item in every household. A ration coupon was required and the dried milk cost about 9 pence - approximately £3.52 today! Each person was entitled to 1 canister of dried Household Milk every four weeks.

HMC 1997:138



Check out Premila's Veggie Recipes on YouTube for more vegetarian recipes!



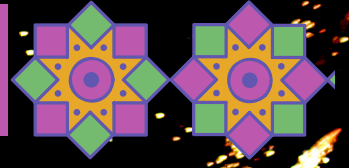
@premilas_veggie_recipes



Premila's Veggie Recipes



Date and Nut Roll by Premila's Veggie Recipes



Ingredients:

- 250g pitted dates
- 3 tablespoons chopped pistachios
- 3 tablespoons pumpkin seeds
- 3 tablespoons chopped cashew nuts
- 3 tablespoons chopped almonds
- 4-5 tablespoons desiccated coconut
- 1 tablespoon ghee/clarified butter



Method:

1. Chop the pitted dates and place into a large, microwavable bowl. Add 1 tablespoon ghee, mix and put in microwave for 2-3 minutes to soften the dates (700W).
2. Then add the pistachios, pumpkin seeds, cashew nuts and almonds and mix well until all the ingredients are evenly combined.
3. Divide the mixture into 2 and then roll it into a cylindrical shape on a greaseproof/cereal paper to the desired diameter.
4. Sprinkle half the desiccated coconut on the paper and coat the roll. Wrap the roll in foil, repeat the same process with the second half and place in fridge for minimum of 2 hours or overnight.
5. Take out of the fridge, slice into desired thickness, serve and enjoy over the festive period



WISHING YOU A

Prosperous Diwali

Don't forget to check out our
website for more Diwali inspired
resources, videos and stories!

www.headstonemanor.org

