



Vintage Hare Krsna recipes

Prasadam as it used to be

Jagannatha Mishra das

This book is for sale at

<http://leanpub.com/recetasharekrsnaantiguas>

This version was published on 2014-07-19



This is a [Leanpub](#) book. Leanpub empowers authors and publishers with the Lean Publishing process. [Lean Publishing](#) is the act of publishing an in-progress ebook using lightweight tools and many iterations to get reader feedback, pivot until you have the right book and build traction once you do.

©2014 Jagannatha Mishra das

*Dedicated to His Divine Grace A. C. Bhaktivedanta Swami
Prabhupada, his life and his legacy.*

Contents

VEGETABLE PREPARATIONS	1
Potatoes and Cauliflower - with Sour Cream	1
Potato-Cauliflower - Wet Vegetable	2
Brussel Sprouts Cauliflower - Wet Vegetable	3
Eggplant & Tomatoes & (Spinach) (Maha-brinjal)	3
Brussel Sprouts (Cabbage Optional)	5
Spinach, Tomatoes, and Cheese	6
Okra & Tomatoes with Yogurt (Eggplant Optional)	7
Plain Okra	7
Fried Potatoes and Cauliflower	8
Fried Eggplant	9
 SWEETS	 10
Halvah	10
Sweet Rice (Khir)	11
Chutneys	12
Shrikhand	14
Lugdoos	14
Laddu	16
Simply Wonderfals	17

VEGETABLE PREPARATIONS

Potatoes and Cauliflower - with Sour Cream

Excellent at feasts and engagements. Clean potatoes thoroughly and cut into fairly large chunks of uniform size. Put in a pot and add a super-large amount of turmeric (much more than you think) - then add water to just above top of potatoes and boil with lid on until knife passes easily through the potato chunks. Then drain off the liquid thoroughly. Usually, Srila Prabhupada does not like vegetables to be boiled, but he has allowed me to do this with potatoes. (Steaming is O.K.) They will soak up turmeric and look yellow-orange when cooked. At the same time spuds are cooking, chop up cauliflowers into fairly small, whole pieces (for 10 lbs. potatoes, use 3-4 medium cauliflowers, and at least 2 pints of sour cream).

Now, in a suitable frying pan make a chaunce with plenty of ghee. Make a strong chaunce, enough for potatoes as well as cauliflowers. Proportionately - medium coriander seeds, heavy cumin seeds, medium red peppers, heavy hing - but all together, quite strong. Add in the cauliflower, being careful of the explosion, and stir. While frying, add in enough butter so that vegetable does not stick and fries quickly. Let the cauliflower brown a bit, then stir, etc. until cooked. When

cauliflower bits cooked through, add in a quarter to half lb. of butter to melt, and then pour everything over potatoes. Add salt and black pepper - potatoes take a lot of both - but not too much. You can always add salt, you cannot take it out. Add the sour cream. Now take a spatula or flat spoon and press it into the preparation again and again, dicing up the potatoes. Then stir thoroughly, mixing together all ingredients. The result should be yellow and a bit creamy and tastes super-excellent. Some yoghurt - say one-third as much as sour cream, can also be put, optionally. Yoghurt and milk can be used instead of sour cream, but are not nearly as good.

Turmeric potatoes

If potatoes are boiled as above in turmeric, and drained they can then be fried in a similar chaunce, adding salt, pepper and butter for a few minutes, and then offered as a simple, daily preparation. Some milk, yoghurt, or sour-cream can be added to make it more creamy.

Potato-Cauliflower - Wet Vegetable

Wash and peel potatoes and cut in chunks about 1 ½ inches square. Wash similar quantity of cauliflower and cut in sections about same size. (sub-heads). In hot ghee deep fry the potato chunks until golden on outside and soft through. Deep fry the cauliflower chunks in very hot ghee, but only until about half cooked. Drain thoroughly while removing from ghee. In a pot make a medium chaunce with a few coriander seeds, cumin seeds, red peppers, and plenty of hing.

Not too much ghee needed in the chaunce. When chaunce ready throw a pint of water in. Then add the potatoes and cauliflower, and add water to barely cover vegetables. Spice with turmeric, salt (moderate) and a little black pepper. Rosemary and thyme optional. Bring to boil, and cover, boiling for about one hour. Then serve in a bowl with the soup. When I offered this (including herbs) to Srila Prabhupada he singled it out as “very nice”.

Brussel Sprouts Cauliflower - Wet Vegetable

Clean sprouts and cut in half through stem. Clean cauliflowers and cut into medium size chunks (sub-heads). Make a mild chaunce in a pot with medium ghee, a few coriander seeds, cumin seeds, red peppers, and fair-to-heavy hing. Add vegetables (both together) and fry around over medium-to-high heat, adding butter or ghee if they are sticking too much. While frying add medium turmeric, salt, and ground black pepper. Fry and then stir until sprout leaves are browned just a bit, and then add water to just cover vegetables. Cover and boil until sprouts are soft and turned light green, and cauliflower chunks are soft enough to break up while stirring. Finished. Offer in bowl with juice or poured over plain rice. One of Srila Prabhupada’s favorites. Feast or daily.

Eggplant & Tomatoes & (Spinach) (Maha-brinjal)

Cut eggplants into small chunks. If your fry-pot is small, figure 2 to 3 times as much eggplant as it appears it will

hold (as eggplant cooks down, you can add more and more). Make a chaunce with lots of cumin seeds, medium reds, and medium hing, and plenty of ghee. When chaunce ready, add eggplant bits and stir. Add plenty of turmeric, medium salt (not too much, eggplant is sensitive to salt), and medium black pepper. Have on high heat. Let sit for a while until brown and just beginning to stick - then stir, scraping bottom of pan. Then let sit again, and keep repeating this process. If not cooking very quickly or thoroughly, add more butter or ghee - this preparation requires plenty. When eggplant chunks are soft through and beginning to mush up, add tomatoes chopped into six or 8 pieces. (If tomato skins have first been removed by scaling the tomatoes quickly in boiling water or turning directly in gas flame, this is nicer - no rolled-up skins later). Figure 2 medium size tomatoes to one medium sized eggplant. Stir these in, and also, optional, add a bunch of chopped-up spinach (tough stems excluded) at the same time. Water will come out of the tomatoes, and the whole thing will become soupy. Now start boiling out of the water, letting sit, then stirring. As water cooks out it begins to thicken. Watch out you don't burn at this stage. Then, when all loose water is gone and the whole thing is an un-recognizable, almost dry, pasty substance, finished. Options are to (1) put in slices of zucchini squash (corgetttes) with the tomatoes (2) to mix in boiled potato-chunks at the end (3) to thoroughly cook chickpeas and then deep fry them in very hot ghee until a bit crisp on the outside but still soft inside, and then mix in at the end. But plain eggplant and tomatoes, or with spinach, is sufficient in itself. This makes a nice noon meal along side kittrie and cuddy and chapatis. It is a very big hit at feasts, especially with devotees and devotee-types. You can often recognize a potential devotee by the way he goes after this

preparation. Flat karmies don't always care much for it. At one time Srila Prabhupada was eating this every day.

Brussel Sprouts (Cabbage Optional)

Clean sprouts and cut in half thru stem. If you like, also wash and shred some cabbage. Put sprouts (and cabbage) into a pot and add a little water up to, say, half an inch deep at bottom. Then put on high heat with tight lid so that water boils and steam cooks the vegetables. Stir 2 or three times while steaming. The art in steaming is to put just enough water so that when it is gone the vegetable is just cooked. Less water at first is better than too much, because you can add a bit, but if you have to drain you lose food value in the water, and Srila Prabhupada does not like this. When loose water gone and sprouts just soft thru; cooked. Now make a mild-medium chaunce with very light coriander seeds, medium-heavy anise seeds, medium reds and hing. Add the vegetables, along with medium turmeric, salt, and pepper. While frying, add some butter to make moist. Fry a few minutes to cook turmeric, then done. Many vegetables can be cooked similar to this.

If you want to cook plain cabbage (I have never seen Srila Prabhupada request or eat much cabbage), to do it in this way is as good as any, but at the end mix in a good sprinkling of coriander powder and let sit for a few minutes (zucchini squash - corgettes - can be sliced and steamed with the brussel sprout prep. If you want you can skin a few tomatoes, chop them, and throw them in the chaunce just a few minutes before the sprouts - makes a wetter tomato flavoured preparation.

Spinach, Tomatoes, and Cheese

Prepare the cheese the same as for pushpanna, breaking up the curds with a rolling pin (smash thoroughly) and then put into a firm layer about $\frac{1}{2}$ inch thick. Cut this layer cross-cross, making squares about 1 inch on a side. Deep-fry these squares in hot ghee until rich brown in colour and keep aside.

Remove the skins from some tomatoes and chop in 6 to 8 pieces each. Make a medium-heavy chaunce with a few coriander seeds, cumin seeds, lighter red peppers, hing. Put the tomatoes in the chaunce, adding plenty of turmeric, medium salt and pepper, rosemary, thyme and basil. Cook down, stirring frequently, into a thick tomato sauce.

Have a large amount of spinach cleaned, stems removed, and chopped up in fairly small bits. At the same time tomato sauce is cooking, put some ghee (a little) in the bottom of a pot, and add the spinach. Cook, stirring occasionally, until the spinach is thoroughly cooked. Whenever water forms, drain it off into the cooking sauce, so that spinach remains almost dry. When the spinach is thoroughly cooked, add in the thick sauce and the cheese cubes, and stir together gently, so as not to break up cheese. If there is still a bit of wateryness, cook it off, stirring gently now and then - if not, then having mixed all ingredients, take off heat and let sit for a few minutes with lid (so cheese gets soft), then offer. Excellent feast preparation.

If you prefer, young zucchini squash can be sliced (one-eighth of an inch thick) and used instead of spinach - cook them exactly the same as spinach, draining off water when necessary.

Okra & Tomatoes with Yogurt (Eggplant Optional)

Clean some young, fresh okra (not tough and stringy) and cut the ‘fingers’ cross-wise into discs one quarter to half an inch thick. Chop up an equal quantity of ripe but firm tomatoes into small bits about the same size as the okra-discs. Make a mild-medium chaunce with coriander seeds, cumin seeds, red peppers and hing, and not too much ghee. Add the okra to the chaunce and stir for a while, frying over a medium heat. While frying add moderate turmeric, salt, and black pepper. When cooked a little, add the tomato bits and stir gently for just a couple more minutes, so that tomato bits don’t break up much. Then add water enough to steam through and add lid. Let steam until water is gone and okra is just cooked through. Then add in some plain yogurt - enough to thoroughly wet the vegetables, and then let the yogurt cook out with lid off. As the yogurt-water cooks off (you stir gently occasionally as this goes on) the yogurt will vanish into the vegetables. When all free juice is gone turn off heat and offer. This can also be made including an equal portion of small-chopped eggplant, which should be chaunced with the okra. In this case, more ghee is used in the chaunce, and eggplant should be about half cooked before tomatoes added. The rest is the same.

Plain Okra

If okra pieces small, simply wash and remove stem. If longer, cut in half and split big half in two lengthwise. Make a chaunce with medium ghee and mild strength using cumin seeds, anise seeds (equal parts), red peppers and hing. Add

in the okra and begin stirring over a medium heat, spicing with turmeric, salt, and a little black pepper. While cooking, if the preparation seems too dry and begins sticking, add a little water now and then - depending on the kind of pot or pan used and the condition of the okra, this is sometimes not necessary. When all okra is soft through and beginning to break up, finished. When one becomes accustomed to the unusual texture of okra cooked like this (to most people it seems a bit slimy) it becomes very relishable.

Fried Potatoes and Cauliflower

Cut cleaned potatoes into cubes half inch to three-quarters inch square and an equal quantity of cauliflower into medium to small sub-heads. Make a medium-to-strong chaunce with fairly heavy ghee - using a few corianders and plenty of cumin seeds, red peppers, and hing. When chaunce is nice and ready, add first the cauliflowers and fry around a bit on medium to high heat. When just beginning to cook, add the potatoes and a fairly heavy sprinkling of turmeric, salt, and ground black pepper. Stir occasionally at this heat, allowing to brown a bit, and then stirring again. Whenever sticking becomes a problem, add in more ghee - enough so that they are always frying and browning a bit, but not sticking excessively or burning. When potatoes are soft through, cauliflowers are usually also done, and preparation is finished. Difficult to do in large quantity, but very tasty and attractive.

For a larger quantity, chaunce and begin frying in this way until potatoes and spices are in. When stirring becomes a problem (i.e., burning becomes difficult to avoid) or the vegetables begin breaking up too much, then add some water and

a lid and steam the rest of the way. When liquid is gone and vegetables are soft, finished. Some spicy (not sweet) masalas (spice-mixtures) are nice in this, added toward end of frying stage.

Fried Eggplant

Slice eggplants into cross-sectional layers not more than half an inch thick. (i.e. into flat discs or ovals). Make a powder with five parts turmeric to one part salt, and add a bit of cumin powder and hing (this may be too much salt, I don't usually measure so I am guessing). In a flat bottomed frying pan heat up ghee about one-eighth of an inch deep. Press some eggplant flats down in the spice mixture so that coated on both sides. Now add one or more flats into frying pan (depending on its size) so that they are all flat down in ghee. Fry them over medium-high heat, moving as little as possible in the process. When golden-brown on one side, turn over and fry equally on the other side. By the time the flat should be cooked thru, and ready to offer. Every now and then, as necessary, add more ghee - they soak up plenty - and also now and then scrape all the loose spices that tend to accumulate in the ghee over to one side and remove. In this way you can cook as many as you have spice, time and ghee for. When done right, an ultimate good taste.

SWEETS

Halvah

Put 2 ½ gallons milk on to boil at high heat, stirring occasionally to prevent burning. In a big wok melt 4 lb. butter (have 2 ½ lb. more butter unwrapped nearby). When butter melted, add 15 cups farina and mix in. Let sit at high heat till browned, then stir, being careful not to burn. When browning too fast to keep up with, turn down heat a bit. When milk comes to a boil turn it to a rolling boil that does not boil over, and let it boil for 10 minutes or so, then add 15 cups sugar, stirring until dissolved over high heat. Bring boiling back to rolling boil.

When farina gets a golden brown [toast the pecans] fully brown, add 5 cups raisins to the boiling milk and add the pecans to the farina. Not more than 5 minutes later, add the remaining butter to the grains. When the butter is melted, add the orange peel to the milk, stir for 5 seconds and then start adding the grains to the milk. Bring to boil, stirring thoroughly. Then turn off heat and stir till thick.

Alternate Halvah Recipe:

When semolina is a few minutes from roasted, add the sultanas to the milk to soften. When semolina is golden-brown add remaining butter and stir till melted. When butter nearly melted add finely-chopped orange-rind (and nuts) to milk, then, when butter melted, add boiling milk mixture

to grains and butter (or vice-versa) and stir over low heat until thick enough to suspend the raisins. After one thorough mixing, let sit off the heat (no lid till cooled) and it will form a nice cake. Melting in an additional pound of butter after mixing ingredients at end makes incredible halva. Nicest when offered warm, but also good cool. Fantastic option is to add in a spicy pineapple chutney, along with the milk, to the grains right at the end. Chaunced pineapple halva results (pineapples chopped in small bits, directions below.) Another option is to add in a good quantity of smashed fresh fruits (like strawberries) instead of orange peels, sultanas, or cloves. Fruit should go in at the last when mixing milk and grains. The final opulent option is to replace one pint of milk with cream, or even double-cream.

Sweet Rice (Khir)

10 pints milk to 1 lb. basmati rice (as much as 16 to 1 ratio is possible, but in that case boil off several pints liquid from milk before beginning). Put the milk on to boil and wash rice. When the milk is boiling add the rice along with some shredded saffron (difficult to estimate quantity on saffron - it is very strong, but use enough to slightly yellow the preparation, bring the saffron to a boil in a tiny bit of water and then pour this mixture into the milk) and some freshly crushed seeds from cardamom pods (about 10 ordinary white or green pods). Adjust heat so that mixture is at slowly rolling boil, stirring occasionally. As it slowly thickens, be very careful of burning, if necessary lowering heat, and stirring constantly. Do not allow sticking to begin. When rice is soft but still a bit firm, it is nice to add about $\frac{1}{4}$ lb. thinly sliced or slivered pistachio nuts (or blanched almonds). When rice

grains are extremely soft - still intact but breaking up - then add 1 lb. sugar (or less - lightly sweetened is more pleasant than very sweet in this case), dissolve it, and remove from heat. Can be offered warm or cool. This is a liquidy sweet rice (called *khir* or *kshir*). For the thicker sweet rice use more milk and boil down considerably before adding rice, or simply use more rice (6 parts milk to 1 rice instead of 10 to 1).

This liquid recipe should be offered in a bowl or cup. Some use camphor instead of cardamom. If you do, be sure it's real camphor, add near the end and be careful not to put too much. I prefer cardamom. A nice option is to utilize broken length of vermicelli noodles instead of basmati rice - cooking in the same way, but adding noodles after milk has boiled down a bit.

Chutneys

Chutneys are delightful spicy fruit preparations. Srila Prabhupada especially likes tomato chutney, but I have seen him complement other kinds as well, including apple. About the only kind of fruit I have never tasted nice as a chutney is pear. The basic technique is generally to make a chaunce, stirring, add sugar [fruit and] sometimes raisins), and again cook down until becoming pasty. Offer warm or sometimes cool, depending on variety. Generally, sugar should be added to make the mixture appear glassy (a normally sweet chutney usually means about 3 lbs. sugar to 8 or 10 lbs. fruit), and in most cases (especially apple, tomato and pineapple), some butter should be added towards the end. Because there are so many unique varieties, I'm hoping to try and make a grape. (See chart) There are other varieties as well, these (overleaf)

are [illegible] that I am not [illegible] and tamarind. [illegible] chutney is not cooked at all (according to Srila Prabhupada). Fully ripe berries should be soaked and mixed with pulp squeezed from soaked tamarind and ground black pepper - that is all.

For apple chutney, I slice the apples in wedges. I leave skins on if in good condition because they usually add nice color and texture. I add citrus rind and juice and [illegible] during chauncing. Sometimes I add raisins, and usually more butter, both near the end. Srila Prabhupada likes this preparation very much, but usually does not care for apple chutney.

The rosemary and thyme (and sometimes basil) are nice in tomato chutney. I remove skins by dipping tomatoes in boiling water first, or by straining at the end.

Cherry, when thickened to jam consistency, made with sweet, black cherries, and made with great love and attention, is super-excellent.

VARIETY (always remove pits)	Cumin Seeds	Anise Seeds	CHAUNCE Dry, hot Red Peppers	Other Spices	Sugar	Additional Things
Pineapple (and raisin) Remove tough center portion	H	M or omit	H		H	Don't overcook or it will candy; M - butter
Apple (and raisin) Sliced in wedges, skins optional	H	M	H		H	B - outside rind and juice of oranges & lemons
Tomato	M	L or omit	H	B-Rosemary B-Thyme	M to H	H - butter, L - raisins; optional remove tomato skins at beginning or by straining
Plum	M	L	L	B or M - Gr. Cloves	M	Strain to remove skins
Rhubarb Peeled, chopped, 1" long bits	L	L or omit	L	B - Gr. Cloves Optional	M	
Apricot	M	L	L		M	
Peach Remove skins, slice in wedges	L		L		L to M	
Strawberry (and other sweet berries)	L to M	L or omit	L to M		M	
Gooseberry and raisin Equal parts, but berries in half	H	M	M to H		H	H - butter, M - raisins
Mango (ripe or nearly ripe) Remove skins	M	L	L to M		M	
Fresh Cherry	L	L or omit	L		L to M	

Shrikhand

Ingredients: yoghurt and sugar. Take fresh yogurt and wrap it in a cloth (like muslin) that allows water but not yogurt to pass through. Suspend the cloth holding the yogurt in such a way that as it hangs, water from the yogurt drains through the cloth and into a pan. Allow to hang, dripping, for at least 12 hours (overnight generally). Then take the drained yogurt in a pot and add sugar (1 part sugar to ten parts yogurt is generally good - it should be sweet, but not too sweet). Then beat with a spoon for a long time until the sugar is dissolved and the mixture is like creamy frosting. Offer cool. Pistachio nuts, saffron, and/or crushed cardamom can be added before beating. (Saffron should be pre-boiled in a bit of water.) Or bits of fresh fruit - especially sweet 'spring' fruits or tropical fruits can be mixed in.

Lugdoos

Ingredients: fried chick pea flour, noodles, sugar, dried figs, raisins, chopped walnuts, candied cherries, camphor.

Make a pasty batter by stirring water into sifted chick-pea (gram) flour. Beat out the lumps in this batter, and then stir in more water until you have a thick but liquid batter. Beat up about two inches of ghee (or more) in a fairly deep pan. When the ghee is just beginning to smoke, adjust the heat down to about medium. Have a colander (bowl-strainer) handy which has small holes interspersed around its bottom. Hold this colander above the hot ghee, and pour a small ladle full of batter into it. If the batter is the proper thick-but-liquid consistency it should drip into the ghee, forming into small,

drop-shaped noodles. When the ghee has about $\frac{1}{2}$ inch of noodles frying in it, stop dripping them, and stir the noodles to break any up which may be sticking together. If they are browning too fast to cope with, turn the heat down a bit. When the noodles are a rich golden colour and crispy, dip them out with a fine wire-mesh spoon or spoon with holes in it. Drain them for a few seconds above the ghee, and place them in a fair sized pot. Do this repeatedly until you have produced as many noodles as you want. A pound of chick pea flour should produce enough noodles for approximately 30 good-sized sweet balls. You will need to add more ghee periodically as you fry.

When noodles are done, make a sugar syrup in this way: put a quantity of water in a pot. Figure (by volume) 8 parts noodles to 1 part water. In that water put two parts sugar (2 lbs sugar to 1 pint water). Stir this over the heat. Only as the water comes near a boil will all the sugar dissolve. Into this boiling heavy syrup add the dried fruit and nuts. If you have 6 pints of noodles, figure 1 lb. of raisins, $\frac{1}{2}$ pound of chopped dried figs, $\frac{1}{2}$ lb. chopped walnuts, $\frac{1}{4}$ lb. candied cherries (chopped in quarters or eights). When these fruits have been mixed in, the final addition is crumbled camphor. Liquid camphor-spirit can also be used, because all the alcohol boils off immediately upon hitting the boiling liquid (alcohol has lower boiling point than water.) Plenty of camphor should be used (the first lugdoo I tasted was made under Srila Prabhupada's personal supervision. When I bit into it the smell of camphor shot up my nose very distinctly. The experience was vivid and ecstatic.)

As soon as the camphor is dissolved, pour most of the syrup and all the fruit and nuts over the noodles and stir together. Keep some syrup aside in case more is needed. (If not, use

the syrup in making halvah). The noodles should become soft and sticky on the outside, but should remain a bit crisp in the middle. If they don't appear moist enough to stick together, add more syrup (if they are too soft-mushy - I'm sorry. Next time make less syrup). When the mixture is cooled down (as it cools, it becomes stickier), squeeze into big balls, about 1 ½ inches in diameter. These balls are difficult to roll because of the sticky mixture. I find it best to keep a bowl of water nearby and to rinse my hands after every few balls. When properly made this (along with kachories) is one of Srila Prabhupada's top favourites.

Laddu

Gram (chick-pea) flour, butter, sugar, icing sugar. Melt 1 lb. butter in a sauce-pan, and then add 1 lb. gram flour and mix together. Keep mixture over a medium flame, allowing to sit and begin to brown, and then stirring thoroughly. Repeat this process until the mixture is a rich golden-brown colour. Then, turn heat down to very low and add in ½ to ¾ lb. icing (powdered) sugar. Stir this in, and the result will be crumbly. Keep stirring over low heat and the sugar will melt, so that the mixture becomes again pasty. Then add the rest of the sugar, up to 1 lb. total, and stir again until pasty. Then allow the mixture to cool, and roll into balls, by spooning some nearly firm mixture into hand and then quickly rolling into a ball. Allow these to cool. Do not store laddu balls in a warm place (they melt).

If you want less-sweet laddu, use less sugar and a bit less butter. Similarly, for thicker mix, use less butter. Some devotees like to add raisins or currants near the end of cooking. Many karmies like these balls.

Simply Wonderfals

Butter, icing sugar, powdered milk. Melt 1 lbs. butter in sauce pan. When melted, add 1 lb. icing sugar and stir over medium heat until the sugar melts. Then turn off the heat. Add 1 lb. of good-quality, powdered or crystalised milk (this is the only thing I used powdered milk for - never to drink) and mix in thoroughly. Raisins or sultanas can also be added (if desired) at this point. Squeeze this mixture into balls about $\frac{1}{4}$ inch in diameter, and roll the balls in a bit of powdered milk or sugar to coat them. A very quick and popular sweet.

These are the only sweets at which I am reasonably expert. Others I am not expert at are barfi (thickened milk sweets), sandesh, goolabjamons (or 'sweet-balls'), and rasgullas. All those are also first-class when nicely prepared. So far barfi is concerned, the basic technique is to boil milk down, either plain, or with ground cashew-nut (first-class), or with shredded coconut (second-class). Sugar is also mixed in, but I don't know the proportion. When the mixture is cooked down until thickening but still liquid, pour into a baking pan or pie-tin and allow to cool. As it cools, it solidifies and can be cut into squares. Rasgullas are made from moist curdled milk-solid which is smashed to break up the curds and then made into small balls. These balls are then boiled in sugar solution. I have never been able to adjust the cheese moisture, solution sugar proportion, and rate of boil adequately to produce the spongy, puffy, juicy rasgullas that Bengal is famous for. Very difficult. Chant Hare Krishna!