

Hint

The gulab jamuns will fall apart if the syrup is too hot. The key is to have hot 'doughnuts' and warm syrup.

RICOTTA GULAB JAMUN

These dessert treats are not exactly the same sweet treats that my grandmother makes because these are made with a ricotta dough. The end product is insanely creamy and when spiked with saffron and cardamom, it can do no wrong. I'm obsessed with the hot and cold mouth feel that a dessert has the power to possess, and nothing quite hits that spot like these.

MAKES ±10

GULAB JAMUN

2 cups ricotta cheese
2 Tbsp cake wheat flour
¼ tsp baking powder
±2 tsp almond milk
¼ tsp ground cardamom
A pinch of saffron strands
A pinch of salt
1¼ cups vegetable oil for frying

SYRUP

¾ cup brown sugar
1 cup water
6 green cardamom pods
A pinch of saffron threads

TO SERVE

Vanilla ice cream
Pistachios

1 If the ricotta isn't dry, wrap it in muslin cloth, place a bowl underneath to catch excess moisture and leave it to hang in the fridge overnight.

2 The following day, mix the cheese with the flour, baking powder, ground cardamom, saffron and salt. If it is too dry, add as much almond milk as necessary to mix into a firm dough, but it shouldn't be sticky. Place the dough back in the fridge for 15 minutes to chill.

3 To make the syrup, heat the sugar, water, cardamom pods and saffron in a saucepan until the sugar melts. Allow the syrup to thicken slightly (5–8 minutes on the stove top).

4 Add the vegetable oil to a small, deep pot and place over a medium heat.

5 Meanwhile, remove the ricotta dough from the fridge and divide into 10 rounds. Work quickly so that the ricotta dough doesn't become too warm. Roll each dough ball between your palms and until the dough is as smooth as possible. Fry in batches until the gulab jamun is an even golden colour. Using a slotted spoon, remove the gulab jamun from the oil and place directly in the warm (not hot) syrup. Leave each round in the syrup for 1 minute before removing.

6 Serve the warm gulab jamun with cold vanilla ice cream and a sprinkle of green pistachios over the top.