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Multi seeds mukhwas

INGREDIENTS

basic ingredients

1/4 cup fennel seed

1/4 cup flax seeds

1/8 cup sesame seeds

1/8 cup pumpkin seeds

sweet mix

1 tsp dry mint crushed or powdered

1 tbsp Dates chopped small

Savory mix

1 tsp dry mint crushed or powdered

1 pinch citric acid granules crushed fine

1/4 tsp black salt or rock salt

INSTRUCTIONS

Dry roast the seeds one by one and set aside to cool. Mix them when cool.

in a small mixing bowl, add the sweet mix ingredients with half of the roasted mixed seeds and store in an airtight bottle to use.

Pan mukhwas

- 1. 20 betel leaves(paani)*
- 2. 4 tbsp thick fennel seeds (saunf)*
- 3. 1/2 cup roasted coriander seeds (dhana daal)*
- 4. 1/4 cup sweet supari*
- 5. 1/2 cup Sugar*
- 6. 1/4 cup dried rose petals*
- 7. 1 tbsp mishri*
- 8. 1 tsp green cardamom powder*
- 9. 1/4 cup water*

INSTRUCTIONS

- 1. Clean and dry the betel leaves in the sun and crush them with your hands to powder them.*
- 2. Combine sugar and water in a pan and cook to make a thick syrup.*

3. *Add the fennel seeds, roasted coriander seeds and cook till dry (can also be kept in the sun to dry).*
4. *Combine the betel leaves powder, crystallized sugar, dried rose petals, mishri and cardamom powder in a bowl and mix well.*
5. *Store in an airtight container and use as required.*

Sada mukhwas

Ingredients

1. *2 tbsp Fennel seeds*
2. *2 tbsp Coriander split*
3. *1 tsp Cardamon seed powder*
4. *1 tsp Colourful fennelseeds*
5. *1 tsp Cham chami*
6. *2 tbsp Flax seedseeds*
7. *2 tbsp crunch Coconut*
8. *as required Tutii futti*
9. *Few Betel leaves*
10. *as required Supari*

Steps

1. *Take all the ingredients in one bowl.*
2. *Mix all the ingredients properly.*
3. *Now your homemade mukhwas is ready to eat.*
4. *Enjoy it*

Shahi mukhwas

1. 4-5 tblsp sugar coated fennel seeds

2. 1/4 cup dhaniya daal
3. 1/4 cup fennel seeds
4. 1/4 cup mishri
5. 2 tblsp silver balls
6. 1/4 cup Amla Supari homemade
7. 2 tblsp Gulkand
8. 1/2 cup cherry

Steps

1. Take a bowl combine sugar coated fennel seeds, cherry, Amla candy, dhaniya daal, mishri, fennel seeds mix it well.
2. Add silver sprinkles and Gulkand mix it properly.
3. Now your Mukhwas is ready. Store.

Paan chocolate ball mukhwas

Ingredients

1. 5-6 kolkata metha Patti paan(betal leaves)
2. 1/4 cup sugarcandy
3. 1/4 cup sugar coated multi colour fennel seeds
4. 4 tblsp gulkand
5. 2/4 cup tutti frutti
6. 1/2 cup dessicated coconut
7. 100 gm drak chocolate

Steps

1. Finally chopped all paan. Now in a mixing bowl add all ingredients and mix everything well.
2. Now make balls out of it. Place them on a puchment paper and refrigerate it for 15-20 minutes.
3. Meanwhile melting the chocolate in double boiler method.
4. After 20 minutes dip each paan balls into the melted chocolate until it is completely covered. Before these get set sprinkle some colourful sweet balls.
5. Refrigerate it for 15 minutes. And enjoy this delicious homemade chocolate paan ball Mukhwas.

Pan bites

Ingredients

3 - 4serves

1. 10-12 Sweet Betel leaves other name is Nagarvel puja paan
2. 3 tbsp Rose Gulkand
3. 3 tbsp homemade mukhwas-fennel, sesame seeds and coriander split
4. 1 tbsp tutti fruiti
5. 6-8 cherries
6. 150 gram fennel seeds (Soaf)
7. 100 gm Sesame seeds(til)
8. 200 gm Coriander splits(Dhaniya dal)
9. 5 Whole cardamom

Steps

1. *Recipe for Mukhwas- first of all take all dry seeds clean them if there is any dust there, then soak them by adding 1/4cup of water, salt and turmeric powder and keep it in sunlight to dry for 2-3 hours*
2. *Later Roast them in a pan and remove the extra salt and turmeric powder by thin flour drainer*
3. *After that mix all the seeds and let it cool down.*
4. *Fill them in the airtight container and store them*
5. *Receipe for Paan bites-Take the betel leaves wash and dry them in the napkin*
6. *Now finely chop them into very small particles with sharp scissor*
7. *Now take the other ingredients of your choice and collect them*
8. *Next is mixing all the ingredients take a bowl mix up Gulkand in that chopped betel leaves, mukhwas mixture, tutti fruiti and mix them well and roll them into small balls garnish them with cheerie*
9. *Yummy and delicious mouth fresheners are ready to enjoy with your family*

Mouthfreshner mukhwas

Ingredients

10-12 serves

1. 1/4 cup fennel seeds
2. 1/4 grated coconut
3. 1 tbsp cardamom
4. 1 tbsp rock sugar(misri)

Steps

1. *In a pan, roast grated coconut and fennel seeds on low heat. Continuously stir and roast them for about 5 minutes*
2. *In a plate, add fennel seeds, grated coconut, rock sugar and cardamom*
3. *Mix all the ingredients and its ready*
4. *Transfer it to the jar or airtight container. You can store it for 10-15 days*

amla gatagat

Ingredients

- 250 grams amla (Indian gooseberry)
- 250 grams gur (jaggery), broken into small pieces
- 1/2 lemon, juiced
- 1/2 teaspoon ajwain (carom seeds), ground
- 1 teaspoon jeera (cumin seeds), roasted and ground
- 1/4 teaspoon heeng (asafoetida powder)
- 1/2 teaspoon black peppercorns, ground
- 1/4 teaspoon saunth (ginger powder)
- 1/2 teaspoon kala namak (black salt)
- 1/2 teaspoon sendha namak (rock salt), or table salt
- 1 1/2 teaspoon amchur (mango powder)
- Boora chini (powdered sugar), as needed

Instructions

1. *In a steamer, steam the amla for 15 minutes or until soft. Remove from steamer. When cool enough to handle, deseed and grind the segments to a fine paste. Do not add any water to grind them. Pulse and scrape the sides every few seconds while grinding. Set aside.*
2. *While the amla is steaming, add all the spices and salt in a bowl (do not add the lemon juice yet). Stir until well combined. Set aside.*
3. *In a pan, add the amla paste and stir-roast for 2 to 3 minutes on medium heat. Add the jaggery pieces and keep stirring until they melt completely, keeping the heat around medium to low.*
4. *Reduce heat to low and add in the spice/salt mixture. Mix well. Add lemon juice. Stir-cook the mixture until it thickens and comes together, leaving the sides of the pan (about 20 minutes).*
5. *Transfer the amla mixture to a plate and let it cool down completely.*
6. *Make small round balls from the mixture and roll in the powdered sugar to coat well. Let cool until they firm up a bit more.*
7. *Store amla gatagat in an airtight container.*

The ingredients needed to make Raw Mango Candy (Gatagat):

1. Get 1 cup raw mango (1cup pulp)
2. Get 1 cup sugar powder
3. Prepare 1 cup jaggery
4. Take 1/4 tsp ghee
5. Get 1/4 tsp asafoetida
6. Make ready Masala
7. Make ready 1/2 tsp black salt
8. Make ready 1/2 tsp black pepper
9. Make ready 1/2 tsp ajwain powder
10. Get 1/2 tsp cumin powder
11. Prepare 1/2 tsp dry ginger powder (saunth)
12. Get 1 tsp salt
13. Prepare 1/2 tsp cardamom powder
14. Get 1/2 tsp garam masala
15. Prepare 1/2 tsp amchur powder
16. Prepare 1/2 tsp aniseeds powder (saunf) - optional

Ben je helemaal hierheen gescrold om over mango candy te lezen? Dan heb je geluk, want hier zijn ze. With unripe mangoes also many dishes are made. Though mango pickle is made in many homes and there are hundreds of way of making mango pickle, there are some more recipes like chutney, dals and beverages that are made.

Steps to make Raw Mango Candy (Gatagat):

1. Peel & chop raw mango. Then grind it in the mixer to make it's pulp.
2. Heat ghee in a kadai. Add asafoetida. Stir a little then add raw mango pulp. Stir it continuously for at least 5 min on low flame.
3. Then add jaggery. Mix & Stir it for 5 to 7 minutes to melt the jaggery.
4. Now add all the masalas. Mix well & keep stirring for about 10min. Till the paste is well cooked & becomes like a dough.
5. Let the paste cool & now you can make small small round candies. Then wrap it with powdered sugar. You can store this for 1 year. Store it in dry glass container.

In this post I have compiled all the raw mango recipes shared on the. Raw Mango Candy/Green Mango Candy Recipe || Jyotika the utuber ||. home made raw mango candy in few minutes. Explore more for Raw mango candy breaking news, opinions, special reports and more on Livemint. DS Group takes Pulse candy to international markets. Kachhe aam ka khatta meetha Gatagat.

So that's going to wrap it up for this exceptional food raw mango candy (gatagat) recipe.

Imli gatagat

INGREDIENTS

- *1/2 tbsp Black salt*
- *1/2 tbsp red chilipowder*
- *1/2 tbsp roasted cumin powder*
- *50 gm Imli/Tamarind*
- *200 gm Jaggery*
- *2 tbsp Tagar or Boora*

INSTRUCTIONS

1. *Collect all the ingredients.*
2. *Firstly clean the tamarind and remove its seed.*
3. *After that grind the tamarind in mixer grinder, use little amount of water to make paste of tamarind.*
4. *Pulp is ready.*
5. *Now heat the pan and pour jaggery in it and melt it on low gas flame.*
6. *After that add tamarind pulp in jaggery and mix it well.*
7. *Then pour the dry masala and cook it until get thick.*
8. *Cook this on low gas flame, stir the mixture in between.*
9. *Now switch off the gas flame and cool this mixture in room temperature for 1 hour.*
10. *After cooling make small balls from this mixture and deep this tamarind candy in burra.*
11. *Store this candy in airtight container.*
12. *Imli Candy is ready to eat.....*

Sugar cotad saunf

Ingredients send grocery list

-
- ***2 tablespoons organic sugar***
 - ***2 tablespoons water***
 - ***2-3 tablespoons fennel seeds***

Directions

- 1. In a small saucepan add the sugar and the water and bring to a boil over medium-high heat. Stir continuously until the mixture becomes syrupy. Usually at this point it will produce a lot more bubbles. About 2-3 minutes.*
- 2. Reduce heat to medium and add in the fennel seeds. Continue to stir until the mixture crystalizes. This will happen from one second to the next and the fennel seeds will look almost dry. Quickly remove from heat and continue to stir a few more seconds until the fennel seeds are dry and separated. Pour into a sealable air-tight container.*

Amla supari

INGREDIENTS

- 1. 1/2 kg Indian Gooseberry (Awala)*
- 2. 2-3 tbsp of Fennel Seeds (Saunf)*
- 3. 2-3 tbsp of Carom Seeds (Ajwain)*
- 4. 2 tbsp of Rock Salt (Sendha Namak)*
- 5. 2 tbsp of Black Salt (Kala Namak)*

INSTRUCTIONS

- 1. Wash the Awala thoroughly. In a large vessel bring 4-5 cups of water to boil. Add the awala to this boiling water and cover cook for about 10-15 minutes on low to medium heat.*
- 2. Put off the flame and allow the awala to sit in the water for*

another 10 minutes. Drain the water and allow the Awala to cool down completely. Remove the seeds and chop the awala to medium chunks using a knife.

- 3. On a heated skillet , dry roast the Fennel seeds and Carom seeds on low flame until fragrant. Let them cool and then grind it to powder in a grinder.*
- 4. Add this powdered Carom and Fennel seed powder , Black salt and Rock salt to the Awala pieces and mix well.*
- 5. Keep this awala pieces in ample of Sun light for 4-5 days. Once they are completely dry, transfer them to air tight container and use as per need.*

Amla and beetroot mouth freshner

- 1. Make ready 500gram Gooseberry(Amla)*
- 2. Take 150gram beetroots*
- 3. Get 4spoon sugar powder*
- 4. Make ready 2spoon black pepper powder*
- 5. Make ready 2spoon sauf powder*

Grated amla and beetroot are mixed together with salt and dried to make this nutritious mukhwas/mouth freshener. ABOUT Amla Supari/Indian Gooseberry Mouth Freshner RECIPE. Awala Supari is the Sundried Indian Gooseberry. Awala/Amla are seasonal fruits and available in abundance in winters.

Instructions to make Gooseberry(Amla) and Beetroot mouth freshner:

- 1. First wash the amla and beets thoroughly. Now take out the peel of the beet and grate it*

and garnish the gooseberry too.

- 2. Now mix amla and beetroot and dry it in the sun for 2 days.*
- 3. Later, add the soap powder, black salt and sugar powder and mix it. Now dry this mixer in the sun for 4 to 5 days and fill it in airtight box.*
- 4. So a colorful and healthy mouth freshener is ready.*