

ACM CELEBRATES

MYSORE PAK



FESTIVE TREAT

A popular dessert that is said to have originated in the city of Mysore in India, this sweet makes its appearance for festivals, weddings, and other special occasions.



METHOD

INGREDIENTS

75g gram flour
(chickpea)

200g sugar

110ml water

200g ghee

1. Grease a square pan or deep dish and set aside.
2. Heat the ghee in a thick-bottomed pan, and keep it simmering on low heat for the duration of the cooking process.
3. Take 2 tbsp of the hot ghee and add to gram flour in a small bowl. Mix well until no lumps remain.
4. Boil water and sugar together in a pot to make sugar syrup of one-string consistency. This is when a drop of syrup can be stretched between the tip of your thumb and index finger to form a single “string”. To do this, dip a spoon in the sugar syrup and wait for a few seconds for the syrup to cool. Touch the syrup with a fingertip and gently pull away from the spoon. If the sugar forms a string, you have achieved the correct consistency. Alternatively, use a candy thermometer – the syrup is ready when the temperature reaches 110°C.
5. Add the gram flour mixture slowly into the sugar syrup, mixing well to avoid lumps. Keep stirring to break up any lumps that may occur.
6. When the mixture is smooth, add in the hot ghee one ladleful at a time. Keep stirring until each ladleful is absorbed before adding the next. The mixture will appear frothy at this point – the froth will give the finished sweet it’s porous texture once it sets.
7. Once all the ghee has been added, stir until the colour of the mix darkens slightly.
8. Remove from heat immediately and pour into the greased dish to set. Lightly shake the dish to even the surface. Don't smooth by hand or with a utensil – smoothing it may cause the porosity of the mix to be affected.
9. Once the sweet has cooled completely, break into rectangular pieces and serve or store!