

Navaratri Special Recipe

Coconut Burfi

South Indian cuisine deals with many traditional sweets and dessert recipes which holds its importance during festivals and celebrations.

Coconut Burfi is one such easy sweet recipe which can be prepared with minimal ingredients yet delivers an amazing result.

Desiccated Coconut Powder contributes to the sweetness, making this a fairly healthy dessert with a balanced mix of ingredients.

The recipe we are looking at is a **South Indian** speciality and is known as **Coconut Burfi / Thengai Burfi** in local language.

Course: Sweet | Dessert

Cuisine: South Indian

Preparation Time: 60 Minutes

Cooking Time: 25 Minutes

Ingredients:

- 3 tablespoons Clarified Butter (Ghee)
- 1 ½ cups of full-fat whole milk
- 3 cups of Desiccated Coconut Powder
- ¼ cup of Fresh Cream (Malai)
- 1 ¼ cups of Condensed Milk
- ¾ cup of Granulated Sugar
- ½ teaspoon of crushed Cardamom seeds made from 6-7 pods of green cardamom (Elaichi)

Instructions:

- In a heated pan, add clarified butter or Ghee. Then add ½ cup of full-fat whole milk in it.
- Next, add fresh cream into the pan. Mix everything and bring it to a boil.
- Add Condensed Milk to it. Mix it very well on a low flame for a minute. The mixture will look like evaporated milk.
- Add remaining 1 cup of the milk into the mixture. Mix it very well on a medium low flame.
- Add granulated sugar into it. Mix it well by stirring continuously on medium-low flame till mixture comes to a boil and is evenly mixed.
- Add Desiccated Coconut Powder into it.
- Mix everything and cook it on low flame, stirring continuously till the mixture becomes a bit thick and starts releasing nice Coconut aroma from it.
- At this point, add crushed Cardamom (Elachi) seeds into it and mix it well. Keep cooking on low flame, stirring continuously for 2 more minutes and then switch off the flame.
- Grease the plate or tray (with clarified Butter or Ghee) in which you want to set the Coconut Burfi.
- Put the mixture on a greased (with Clarified Butter/Ghee) tray.
- Using a spatula or hands spread it to form a thick and smooth layer.
- Garnish the top of the Burfi layer with coarsely grounded pistachio powder. Lightly press the pistachio powder with a flat spatula such that grounded pistachios are glued to the surface of the Burfi. Keep the mixture aside for 3-4 hours for setting it completely.
- Cut it into desired shape and size once the mixture is set and remove them from greased Plate.
- Quick and easy Coconut Burfi is ready to serve. Store them in an airtight container and keep them refrigerated.

A tasty and easy to make Coconut Burfi is a great homemade dessert which can be made quickly on any festive occasion. This dish will be loved by all age group.

Happy Celebrations !!!