

MTR Gulab Jamun Recipe | Halwai Style Soft & Juicy Gulab Jamun

This easy MTR Gulab Jamun Recipe makes soft, juicy and delicious gulab jamuns at home. They are filled with cashews, fried slowly until golden brown and soaked in aromatic saffron and rose-flavoured sugar syrup.



Prep time
20 minutes

Cook time
25 minutes

Total time
45 minutes

Servings
4

Calories
140 kcal

Ingredients

MTR Gulab Jamun Ready Mix	170 g
Water	As required
Ghee	A little, for greasing hands
Cashews	As required, finely chopped
Oil	As required, for frying
Sugar	1½ cups
Water	1½ cups
Saffron	5–6 strands
Rose Water	1 teaspoon

Cardamom Powder

A little

Method

1. Prepare the Soft Dough

Sift the MTR Gulab Jamun Ready Mix to remove any lumps. Gradually add water while mixing. Prepare a soft and smooth dough. Do not add all the water at once. If the dough becomes slightly sticky, grease your hands with ghee and gently smooth it.

2. Shape and Fill

Take small portions of dough. Place a few chopped cashew pieces in the centre. Close the dough and gently roll it into a smooth ball. Make sure there are no visible cracks. One 170 g packet can make approximately 20–25 pieces, depending on their size.

3. Prepare the Sugar Syrup

Combine sugar and water in a pan. Bring the mixture to a boil. Add saffron strands and rose water. Cook for another 2–4 minutes. The syrup should remain slightly sticky rather than becoming very thick. Finish with a little cardamom powder.

4. Fry Until Golden Brown

Heat oil over medium-low heat. Avoid overheating the oil. Carefully add the prepared balls. Let them cook briefly before gently turning them. Fry over low heat until evenly golden brown. High heat can brown the outside too quickly while leaving the inside undercooked.

5. Soak in Sugar Syrup

Transfer the fried gulab jamuns to the slightly cooled syrup. Cover and leave them for approximately 30 minutes. This allows them to absorb the aromatic syrup. Your soft and juicy halwai-style MTR Gulab Jamun is ready to serve.

Chef tips

- Keep the dough soft and smooth. Add water little by little. Make smooth balls without cracks. Do not heat the oil too much. Always fry the gulab jamuns on low heat. Turn them gently for even browning. Keep the sugar syrup slightly sticky. Do not make it too thick. Soak the gulab jamuns for at least 30 minutes. Add rose water and cardamom for a better aroma.

Full recipe: <https://meenrazcooking.com/en/recipe/mtr-gulab-jamun-recipe/>

Watch the video: youtube.com/watch?v=IT67Cr2dwkk