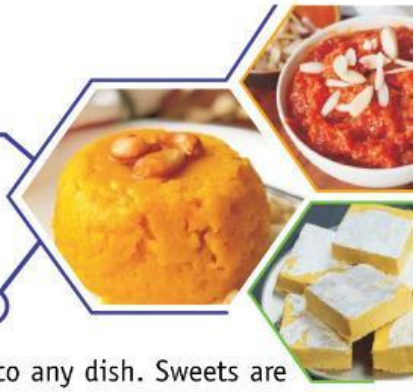


Chapter 4

Taste of India

Sweets are the confectionery and desserts which are served as a compliment to any dish. Sweets are sometimes served with a meal, and often included as a form of greeting, celebration, religious offering, gift giving, parties, and hospitality in India. On Indian festivals - such as Holi, Diwali, Eid or Raksha Bandhan, sweets are homemade or purchased, then shared. Many social gatherings, wedding ceremonies and religious festivals often include a social celebration of food, and the flavours of sweets are an essential element of such a celebration. Sweets were also included in temple offerings, as "Bhoga" for the deities, which after the prayers became "Prasad" for devotees, the poor or visitors to the temple.

Unscramble the name of the sweet dishes :



ERASHE should be served warm and for people with Kapha prakriti, add a pinch of ginger.

1. _____



HRKEE is a common Indian dessert made with milk and rice cooked on all auspicious occasions.

2. _____



JGAAR AK ALWHA is a sweet dish usually prepared with carrots and milk during the winter season and is very nutritious.

3. _____



LJAEIB is made by deep-frying a fermented batter of wheat flour with yoghurt, in a circular shape and then soaking it in sugar syrup.

4. _____



BFIUR is a sweet, made from milk solids or condensed milk and other ingredients like ground cashew or pistachios.

5. _____

LIVEWORKSHEETS



UAGLB AMJUN is a common sweet found in Bangladesh, India, Nepal and Pakistan. It is made out of fried khoya balls soaked in sweet rose-water flavoured syrup.

6. _____



NDIKSHHRA is a creamy dessert made out of strained yogurt, from which water is drained off completely. Dry fruits, mango puree, saffron or cardamom and sugar are added to the thick yoghurt to get the desired flavour and taste. It is served chilled.

7. _____



HAAKJ is a sweet of India. Refined wheat flour, sugar and oils are the chief ingredients of this famous sweet. It is then deep fried until crisp. The crisp croissants are then soaked in the sugar syrup until they absorb the sugar syrup.

8. _____



ADLDU is made of varieties of flour, grains, pulses, semolina, regional or seasonal fruits, dry fruits and other ingredients cooked with sugar, then shaped into bite-size or larger spheres. It is mentioned in ancient Sanskrit documents as temple offerings, and is referred to as "Modaka". It is often made to celebrate festivals, religious ceremonies, or household events such as weddings.

9. _____



LARULASG is a popular sweet of Bengal. They come in many forms, such as "Kamalabhog", "Rajbhog" and "Raskadamba". This dish is made by boiling small dumplings of chenna and semolina mixture in sugar syrup. Once cooked, these are stored in the syrup making them spongy.

10. _____



SESHAND is a sweet made from fine cheese made from cow's milk kneaded with fine ground sugar or molasses. This is a sweet from West Bengal and Odisha.

11. _____

LIVEWORKSHEETS