

MEDHI PAK

A traditional Ayurvedic recipe prepared for winter consumption usually taken as 1 block daily. These Fenugreek blocks are made with a long list of ingredients and made annually in many Indian kitchens. The benefits include supporting immunity, reduce risk of diabetes, improve milk production and flow, improve weight loss, raise testosterone and boost sperm count, reduce inflammation, reduce the risk of heart and blood pressure conditions.

Allow 2 to 3 hours to prepare this recipe.

Ingredients

- 500g Ladhoo flour
- 500g almond meal
- 500g Singhora flour
- 500g urud flour
- 2kg ghee home made
- 3-4 tablespoonsful edible gum (ghoondar) – crush in mortar then in microwave till it pops, then grind to powder
- 100g coconut flakes
- 2 teasp cardomon coarsely ground
- 4 ground nutmeg
- 6 tablespoonsful Ginger powder
- 3 tablespoonsful bitrisu
- 500g dates, finely chopped
- 1kg jaggery finely chopped
- 200g fenugreek powder

Method

Cook all flours in warm ghee individually till cooked and then decant into a large dish. Wipe pot clean with a roller towel before coking the next flour. Each ingredient is cooked individually and decanted into a large dish and stirred periodically. Use sufficient ghee to ensure that the flour is moistened, cooked and well roasted. Use freshly ground spices where possible.

1. Heat 5 tablespoons of ghee in a large heavy bottomed pot, add Ladhoo flour in ghee – roast till nutty brown, decant into a big dish (approx. 30 minutes)
2. Add 500g almond meal into ladhoo flour mixture in dish
3. Wipe pot clean with roller towel
4. Cook all flours in ghee individually. Ghee with urad flour till cooked. Test if cooked by tasting a pinch of the cooked flour. It must not stick to palette (approx. 30 mins)
5. When cooked, add edible gum which has been popped in microwave and ground to a fine powder. Do not cook the gum. Decant into dish
6. Cook singora flour in warmed ghee till cooked. Decant and wipe dish clean
7. Roast coconut flakes in ghee till light brown and decant
8. Decant to dish, leave ghee for further roasting
9. Add 2 teasp elchi to dish
10. Add 4 powdered nutmeg
11. Add 6 tablespoonsful Ginger powder, add more after mixing and tasting
12. Add 3 tablespoonsful Bitrisu
13. To left over ghee, add finely chopped dates
14. Allow to cool slightly in dish
15. Ghee + jaggery till melted and bubbly, then add to dish
16. Add 200g fenugreek powder, make sure mixture is not too hot as the fenugreek will make it very bitter
17. Empty mixture into ghee greased trays and use vaarki to pat down
18. Sprinkle kas kas on top
19. Sprinkle slivered almonds and pistachios on top (freshly roasted)
20. Sprinkle freshly ground cardamom on top (freshly ground)
21. Allow to set and cut into squares
22. Pack into air tight container

Note fenugreek makes it bitter!
Enjoy!