

# MEGHANA COCONUT INDUSTRY



THE TASTE OF KALPATARU

DESICCATED COCONUT POWDER

RECIPE'S BOOK

PH: +917411721208, +919164635690

EMAIL: [Info@desiccatedcoconutpowders.com](mailto:Info@desiccatedcoconutpowders.com)

Visit: <https://desiccatedcoconutpowders.com>



# Meghana coconut Industry



*Desiccated Coconut Powder*



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# RECIPE 1

## COCONUT BARFI



coconut burfi recipe | nariyal barfi | coconut barfi | thengai burfi with step by step photo and video recipe. south indian cuisine deals with many traditional sweets and dessert recipes which holds its importance during festival and celebrations. coconut burfi recipe is one such easy sweet recipe which can be prepared with minimal ingredients yet delivers an amazing result.

We have shared quite a few barfi recipes, but none can replace the coconut burfi recipe with its simplicity and taste. i inherited this recipe from my mother as she used to prepare it frequently during festival seasons for sharing it with friends and family. back in those days, i use to help only in grating the fresh coconut and watch next to her while she used to prepare. but things have changed drastically now. no doubt i have taken this recipe from her, but i have extended it further. basically desiccated coconut and added warm milk as compared to freshly grated coconut. adding warm milk helps to maintain the moisture within the coconut fudge and an easy alternative to fresh coconut.

the coconut burfi recipe is easy and simple to prepare, yet some tips, suggestions and recommendations for it. firstly, and importantly, i used [desiccated](#) coconut, as i was not having an access to fresh one. if you do, i would always recommend to use it in the

first place. also, even if you are using the fresh one, you can still use warm milk too. secondly, i have not added any dry fruits in this recipe and followed the strict traditional recipe. but you can top it with chopped cashews, almonds and walnuts while shaping it. lastly, the recipe easily lasts for weeks if stored in a dry air container.

## INGREDIENTS

- 3 cup coconut, desiccated
- 2 cup sugar
- ½ cup milk
- 2 tbsp cream, optional
- ¼ tsp cardamom powder / Elachi powder



## INSTRUCTIONS

1. firstly, take 3 cup freshly grated/desiccated coconut into large kadai.
2. add 2 cup sugar and ½ cup milk.
3. mix well on medium flame until sugar dissolves completely.
4. keep stirring till the mixture starts to thicken. (takes approx. 10 minutes)
5. now add 2 tbsp cream.
6. continue to cook on medium flame stirring continuously.
7. the mixture starts to thicken after 20 minutes.
8. and after 25 minutes, coconut mixture will start to separate from pan.
9. continue to cook until the mixture starts to hold the shape.
10. now add ¼ tsp cardamom powder and mix well.
11. transfer the prepared dough into a greased plate lined with baking paper.
12. set well forming a block.
13. allow to set for 10 minute, or till it sets completely yet warm.
14. now unmould and cut into pieces.
15. finally, serve coconut burfi / nariyal barfi or store in airtight container for a week in refrigerator.

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## RECIPE - 2

### COCONUT LADOO

#### Coconut Ladoo

Course: Dessert

Coconut Ladoo is a quick and easy Indian sweet where coconut is cooked in milk, sugar and flavoured with ghee and cardamom powder.



#### Ingredients

- Desiccated Coconut - 1 1/3 Cups (extra for coating)
- Milk - 3/4 Cup
- Sugar - 1/3 Cup
- Ghee - 2 tsp
- Cardamom powder - 1/8 tsp

#### Instructions

1. First take a large pan and saute the coconut until it is slightly warm to touch. This basically removes excess moisture from the coconut. But take care to not change the color of the coconut.
2. Now add the milk and sugar and mix well. Stir at regular intervals and Continue to cook in medium low flame until the mixture becomes dry.
3. Now add the ghee and give a quick mix. Add the cardamom powder and mix well. Cook until the mixture turns slightly sticky starts to bind with itself.
4. Turn off the flame and let it cool down until it is cold enough to touch. Grease your palm with more ghee and roll out the coconut mixture into balls. Roll the coconut ladoos into some more desiccated coconut. Leave it to cool completely to room temperature.
5. Enjoy.

#### Notes

- Instead of desiccated coconut, you can also grind fresh coconut and use for this recipe.

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Contact us:

Mail: [info@desiccatedcoconutpowders.com](mailto:info@desiccatedcoconutpowders.com)

Phone: [+917411721208](tel:+917411721208) , +919164635680

Web: <https://desiccatedcoconutpowders.com>

**THANK YOU**