



ATTA BISCUITS



INGREDIENTS

YIELDS 30

- 2 cups atta, also known as durum whole wheat flour or semolina flour
- 3/4 cup ghee, melted, also known as clarified butter (100g)
- 1/2 cup caster sugar
- 1 tsp cardamom powder
- 1 tsp cumin powder
- 1 tsp nutmeg powder
- 5 to 6 tbs milk
- Pinch of salt

EQUIPMENT

- 2 large mixing bowls
- Whisks
- Rolling pins
- Baking trays
- Cutters or knife
- Measuring cups

INSTRUCTIONS

1. Preheat oven to 180C and line 2 baking trays with baking paper and set aside.
2. In a bowl mix together atta, cardamom, cumin, nutmeg powder and a pinch of salt. Set aside.
3. In another bowl, whisk together ghee with sugar until well combined and creamy.
4. Add the dry ingredients to ghee mixture. Add milk, a little at a time to avoid making the mixture sticky or runny. Combine well, then using your hands mix to form a dough.

Once dough is formed, cover and refrigerate for 15-20 mins.

5. With a rolling pin, gently roll out dough between sheets of baking paper, to an even 1/4 inch thickness. Using a rectangle shape cookie cutters, cut out cookies and add a design on the top (optional).
6. Place all the cookies 1 inch apart on a baking tray. Bake for approx. 20-25 mins or until the biscuits are light golden brown in color. Cool on wire rack.
7. Serve biscuits with homemade Chai Tea.

Biscuits can be stored in an airtight container.





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