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# EXPERIMENT 11 PREPARATION OF RASMALAI

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## 11.1 INTRODUCTION

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Rasmalai is a chhana based sweet prepared essentially by suspending flat circular shaped rasogulla in sweetened condensed milk. Rasmalai is popular all over India, particularly in eastern and northern parts. It is a very delicate, spongy and chewy sweet that has a delectable taste. It is also flavoured with saffron and pista. The product is refrigerated and served chilled.

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## 11.2 OBJECTIVES

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The students should be able to:

- 1 Learn the steps involved in preparation of rasmalai.
- 1 Prepare good quality rasmalai.
- 1 Evaluate quality attributes of rasmalai.

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## 11.3 EXPERIMENT

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### 1. Principle

The principle involved in manufacture of rasmalai is preparation of flattened rasogulla type patties and dipping in sweetened concentrated milk. The product is garnished with dry fruits and served chilled.

### 2. Requirements

- i) Good quality chhana which is converted into flat circular shape rasogulla.
- ii) Sugar
- iii) Heating kettle
- iv) Stainless steel vat

- v) Packaging system.
- vi) Cold store/ refrigerator

### 3. Procedure

- i) Prepare soft and spongy chhana.
- ii) Convert chhana into flat circular shape rasogulla by boiling in sugar syrup.
- iii) Heat milk with continuous stirring in open pan to evaporate about one-half of its original volume.
- iv) Add sugar at the rate 4.0 per cent of original milk.
- v) Continue heating and stirring at slow fire till the content is reduced to about one-third of its original volume.
- vi) Add flat circular shape rasogulla to this concentrated milk and further heat for 2-5 minutes.
- vii) Remove the container from fire and allow the content to cool to room temperature.
- viii) Chill the product and store under refrigeration.
- ix) Serve the product in chilled form.

### 4. Observations

- i) Particulars of milk

Type \_\_\_\_\_ Quantity \_\_\_\_\_ kg.

Fat \_\_\_\_\_ % SNF \_\_\_\_\_ %

- ii) Particulars of chhana

Flavour \_\_\_\_\_ Body & Texture \_\_\_\_\_

- iii) Particulars of rasmalai patties

Shape \_\_\_\_\_ Size \_\_\_\_\_

Flavour \_\_\_\_\_ Body & Texture \_\_\_\_\_

- iv) Particulars of concentrated and sweetened milk

Milk: Fat \_\_\_\_\_ % TS \_\_\_\_\_ %

Heating started \_\_\_\_\_

Heating finished \_\_\_\_\_ Total time \_\_\_\_\_

Addition of sugar:

Rate \_\_\_\_\_ % Quantity \_\_\_\_\_ kg

v) Dipping of patties in concentrated milk

Temperature \_\_\_\_\_ Time \_\_\_\_\_ min  
 Quantity \_\_\_\_\_ kg No. of patties \_\_\_\_\_  
 Heating: Time \_\_\_\_\_ min Temperature \_\_\_\_\_ °C  
 Cooling: Time \_\_\_\_\_ min Temperature \_\_\_\_\_ °C  
 Chilling: Time \_\_\_\_\_ min Temperature \_\_\_\_\_ °C

vi) Evaluation of rasmalai

Flavour \_\_\_\_\_ Body & texture \_\_\_\_\_  
 Appearance \_\_\_\_\_

vii) Remarks \_\_\_\_\_  
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## 5. Results

Write your observations and report quality of rasmalai prepared.

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## 11.4 PRECAUTIONS

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- i) Use fresh, smooth and soft chhana.
- ii) Use flat circular rasogulla patties.
- iii) Do not apply pressure on patties to avoid any crack.
- iv) Stir the content consistently while preparing sweetened concentrated milk to prevent burnt flavour.
- v) Store product under refrigeration.