



Hinduism – Coconut Sweets



Basics of Hinduism

Hinduism is one of the oldest religions in the world. It began about 5000 years ago, linked to the people who lived near to the Indus River in about 2500 BC.

Hinduism has no single founder or prophet. The Hindu faith draws on a number of sacred texts and there is no standard set of beliefs, so it is a religion which is followed in different ways by different groups of people. Hinduism has grown to be the world's third largest religion, after Christianity and Islam.

All Hindus believe that life, death and rebirth are a continuous process that we are all part of. Many gods are worshipped in Hinduism. Each Hindu god is said to be a different part of the supreme God 'Brahman'. Hindus believe that God can be seen in a person or an animal. They believe that God is in everybody.

As well as visiting temples, Hindus worship God in their own homes and most houses have either a room or corner in which there is a family shrine.

Many of their texts talk about the giving of Mithai (sweets) to celebrate happy occasions and this tradition still happens today. The ingredients in Mithai are thought to be 'pure', so everybody can eat them, including the Gods!

Hindus believe that all living things have souls, which is why very committed Hindus are vegetarians. Cows are considered to be sacred animals among Hindus because they produce milk for people. In India cows are allowed to wander freely, so they can sometimes cause traffic jams if they stroll on roads!



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Cook some traditional yummy Coconut Squares sweets.

Method

1. In the bowl, mix the condensed milk and icing sugar together. The mixture will start to get very stiff but keep going until it is completely combined.
2. Add the coconut into the mixture. Use your hands to really blend the mixture together.
3. Split the mix into two equal halves. Put one half to one side and keep one half in the bowl.
4. Add two drops of pink food colouring to the half of the mixture in the bowl. Work this into the mixture (put on gloves or use a spoon to avoid staining your hands).
5. Put a little icing sugar in the sieve and dust your chopping board. This stops the mixture sticking.
6. Roll the half of the mixture without the food colouring into a smooth rectangle. Put this to one side and repeat with the pink half.
7. Place the half of the mixture without the food colouring on top of the pink half. Then roll the two mixtures together until you have a rectangle of two-tone coconut icing, about 3cm thick.
8. Leave the mixture uncovered for at least 3 hours to set. If you have time, leave the mixture over night.
9. Once set, cut the rectangle into bite sized squares. Serve and enjoy!



Ingredients

250g icing sugar plus a little extra
250g sweetened condensed milk
for dusting
200g desiccated coconut
Pink edible food colouring

Equipment

Wooden spoon
Bowl
Chopping board
Knife
Rolling pin
Sieve