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‘ Varo ’

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Ingredients:

2 cups of chopped nuts (traditional Sindhi Diwali Varo is made with almonds and pistachios, however any nuts can be used)
1 tbsp of khus-khus (white poppy seeds), optional
1 tsp of finely minced ilachi (cardamom)
2 cups of sugar
1 tbsp of oil
Lemon juice of 1/2 a lemon (approximately 1/2 tsp)

Procedure:

1. Prepare a large cutting board or surface with large piece of foil. You may need two large pieces, side by side. Grease the foil and a rolling pin heavily with oil.
2. Roast nuts, khus-khus, and ilachi in oven (small toaster oven can be used also) for 10 minutes at 375 degrees. Make sure the nuts do not get brown or burnt.
3. In a heavy pan, place oil, sugar and lemon juice. Cook on high heat on stove. Slowly mix all ingredients over high-medium heat. The sugar, oil and lemon juice will start melting into a brown mixture (approximately 10 minutes), you may want to turn down the heat on the stove. The sugar should not be bubbling out of control.
4. Once the mixture has completely melted, mix in the nuts, ilachi and khus-khus mixture. At this point, turn the heat completely off. Continue to mix until all the nuts are completely covered with sugar.
5. Immediately pour all of the mixture onto the prepared foil. Slowly start to roll the mixture very flat and thin with greased rolling pin as the varo cools. The mixture will be sticky at first, so start and then work fast before it cools. The thinner the varo is rolled out, the crispier it will be, so put some muscle into it!!
6. Once the varo has completely cooled, it will easily come off the foil. Break into desired size. Store in cool, dry place.