

Classic Coconut Burfi Overview

<https://gemini.google.com/app/b0d8cda1e74f5730>

User prompt: Sweet Karam Coffee - Classic Coconut purfi

Classic Coconut Burfi (Thengai Burfi) by **Sweet Karam Coffee** is a South Indian home-style confection made from grated fresh coconut, sugar, and pure ghee, scented with cardamom.

Key Highlights

- **Clean Ingredients:** Made traditionally with fresh coconut, sugar, ghee, and cardamom without liquid glucose, refined flour (maida), artificial colors, or chemical preservatives.
- **Texture & Flavor:** Soft, slightly fudgy, and moist on the inside with a mild chew from the grated coconut, balanced by the aromatic warmth of cardamom.
- **Traditional Preparation:** Follows grandmother-style Tamil Nadu home recipes, making it popular for festivals like Diwali, Pongal, and Navratri or as a nostalgic teatime treat.

Storage & Shelf Life

- **Shelf Life:** Typically around 15–20 days from packaging (due to the absence of artificial preservatives).
- **Storage:** Store in an airtight container in a cool, dry place. In warmer weather, refrigerating it extends freshness and yields a firmer bite.

User prompt: What is the difference between sugar coconut burfi and jaggery coconut burfi?

The core difference lies in the sweetener used, which fundamentally changes the **flavor profile, texture, appearance, and cooking technique**.

Feature	Sugar Coconut Burfi (<i>Vella Thengai Burfi</i>)	Jaggery Coconut Burfi (<i>Vellam Thengai Burfi</i>)
Color	Bright milky white to light ivory.	Warm golden-brown to deep caramel.
Flavor Profile	Clean, direct sweetness allowing fresh coconut and cardamom to dominate.	Earthy, rich, and molasses-like with a deeper, butterscotch undertone.
Texture	Soft, dense, and slightly crumbly with a clean melt-in-mouth bite.	Chewier, moist, and slightly fudgier or sticky due to natural molasses.
Aromatic Pairings	Green cardamom and sometimes a hint of rose water or saffron.	Cardamom, plus often dry ginger powder (<i>sukku</i>) and nutmeg to complement the jaggery.
Cooking Difficulty	Easier syrup control; sets reliably once single-string consistency is reached.	Requires careful temperature control to avoid crystallization or hardening past the soft-ball stage.
Refinement	Uses refined white sugar.	Uses unrefined cane jaggery, retaining trace minerals (iron, magnesium).

Sugar burfi offers a lighter, delicate coconut taste, whereas jaggery burfi delivers a rustic, robust sweet profile often associated with temple prasadam and heritage village recipes.

User prompt: yes for white coconut burfi

Ingredients

- **Fresh grated coconut:** 2 cups (scrape only the white part; avoid the brown skin)
- **Sugar:** 1 cup
- **Milk or water:** $\frac{1}{4}$ cup
- **Ghee:** 1 to 2 tablespoons (plus extra to grease the tray)
- **Cardamom powder:** $\frac{1}{2}$ teaspoon

1 Prep the Coconut & Pan

Keep heat strictly low-medium

Grease a flat steel plate or small baking tin with $\frac{1}{2}$ teaspoon of ghee. Pulse the grated coconut in a dry blender for 5–10 seconds to create fine, uniform flakes without turning it into a paste.

2 Combine Sugar & Coconut

In a heavy-bottomed pan or kadai, combine the grated coconut, sugar, and $\frac{1}{4}$ cup of milk or water. Mix well over medium-low heat. The sugar will quickly melt into a liquid syrup.

3 Cook Down the Mixture

Stir continuously to prevent browning

Cook on low-to-medium heat, stirring regularly. After 8–10 minutes, the liquid will evaporate and the mixture will turn thick and glossy. Add 1 tablespoon of ghee and the cardamom powder.

4 Check for Setting Point

Critical step - do not overcook

Cook until the mixture leaves the sides of the pan and comes together into a cohesive, non-sticky mass. **The Ball Test:** Pinch a tiny bit between your fingertips—if it rolls into a soft, non-sticky ball, turn off the flame immediately. Cooking beyond this stage turns the burfi dry and crumbly.

5 Set and Slice

Transfer the hot mixture immediately onto the greased tray. Smooth the top with the back of a greased flat cup or spatula. Let it rest for 10–15 minutes until warm, then score into squares or diamonds with a sharp knife. Allow it to cool completely before separating the pieces.

User prompt: recipe by sweet-karam-coffee

Response: Sweet Karam Coffee's signature approach to **Thengai Burfi (Coconut Burfi)** centers on clean-label, heritage home cooking: no condensed milk, no mawa/khoya, and no synthetic color. The secret to their moist, soft-fudge texture lies in using only fresh coconut, pure country ghee, and precise heat control so the coconut stays soft without browning.

Ingredients

- **Fresh grated coconut:** 2 cups (scrape strictly the outer white flesh; skip the brown bottom layer)
- **Refined sugar:** 1 to 1.25 cups (adjust to preferred sweetness)
- **Water:** ¼ cup
- **Pure country ghee:** 2 tablespoons (plus extra to grease the plate)
- **Cardamom powder (*Elaichi*):** ½ teaspoon

1 Grate and Pulse Coconut

Ensures uniform texture throughout

Scrape fresh coconut carefully without getting any brown husk. Run the grated coconut in a dry mixer grinder jar on pulse mode for 3–5 seconds so the shreds are fine and even. Do not add water or grind into a wet paste.

2 Prep the Setting Tray

A smooth tray guarantees clean edges

Generously grease a flat-bottomed stainless steel plate (*thali*) or baking pan with ½ teaspoon of pure ghee. Set aside.

3 Simmer Sugar and Coconut

Stir until completely dissolved

In a heavy-bottomed *kadai* or non-stick pan, add sugar and ¼ cup of water. Heat gently until the sugar dissolves. Add the pulsed coconut immediately and mix thoroughly over low-to-medium heat.

4 Cook Down Slowly

Keep flame on medium-low to maintain white color

As the coconut releases its natural oils and moisture, the mixture will become juicy and bubbly. Stir continuously. After about 10–12 minutes, the moisture will evaporate and the mixture will turn dense and glossy.

5 Add Ghee & Identify the Endpoint

The non-stick ball test

Add the remaining ghee and cardamom powder. Keep stirring until the mixture leaves the sides of the pan and gathers into a single soft mass (*surundu varum*). **The test:** Wet your fingers with a drop of water and roll a pinch of the mixture. If it forms a smooth, non-sticky soft ball, turn off the flame immediately.

6 Level, Score, and Cool

Slice warm, separate cold

Pour the hot mixture into the greased tray. Flatten and level it evenly using the base of a greased steel cup (*tumbler*). Let it cool for 10 minutes until warm, then mark deep squares with a sharp, greased knife. Once completely cooled (about 45–60 minutes), pop out the clean squares.

Sweet Karam Coffee Style Tips

- **Color Preservation:** Never let the flame exceed medium. Overcooking or high heat caramelizes the natural sugars and turns the burfi light brown instead of pure milky white.
 - **Moisture Balance:** Turning off the stove at the soft-ball stage keeps the burfi melt-in-mouth soft for up to 15 days, mimicking the texture of Sweet Karam Coffee's boxed confection.
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User prompt: show me samples

Response:





Kobbari Mitai / Coconut Barfi - Sandige At Doors · Sandige At Doors




SWASTHI'S RECIPES

Coconut Burfi Recipe (Nariyal Barfi) - Swasthi's Recipes · Swasthi's Recipes



Buy Jaggery Coconut Burfi Online in India | Coconut Burfi | Sweet ... · Sweet Karam Coffee

Visual & Textural Characteristics

- **Color:** A clean, pale ivory-to-white shade achieved by scraping only the white kernel of the coconut and cooking on gentle heat without browning.
- **Surface:** Lightly crystallized on the top with a subtle sheen from the melted ghee.
- **Cut & Shape:** Uniform, bite-sized squares or diamond cuts with well-defined edges that hold their shape without crumbling.
- **Inside Texture:** Soft, moist, and mildly fibrous with a gentle chew from the coconut shreds rather than a dry, powdery bite.

User prompt: url to buy

Response: Direct store and delivery platforms to order **Sweet Karam Coffee - Classic Coconut Burfi**:

- **Official Website:** Order directly on the [Sweet Karam Coffee Online Store](#). They offer pan-India shipping with combo/multi-pack options.
- **Quick-Commerce (Select Cities):** Check for instant delivery (10–30 minutes) on quick-commerce apps depending on pin-code availability:
 - [Blinkit - Sweet Karam Coffee Coconut Burfi](#)
 - [Zepto - Sweet Karam Coffee Brand Page](#)

Sources

1. [Buy Classic Coconut Burfi Online - Sweet Karam Coffee](#)
 2. [Classic Coconut Burfi Sweet Karam Coffee Price - Blinkit](#)
 3. [Sweet Karam Coffee Jaggery Coconut Burfi - Buy at ₹149 Online](#)
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User prompt: thanks

Response: You're welcome! Enjoy the coconut burfi, whether you end up making a fresh batch or ordering it in. Let me know if you need anything else!
