

Gajar Ka Halwa

Gajar ka halwa (carrot pudding) is a very popular sweet dish, especially in Northern India. It is mostly prepared during the winters when fresh carrots are available.

Preparation time 30 minutes

Serves 2

INGREDIENTS

6 red carrots, grated
1/2 cup full fat milk
1/2 cup sugar
1/4 tsp elaichi powder
a few saffron strands
2 tbsp cream
3 tsp ghee

METHOD

Heat the ghee in a broad non-stick pan and fry the carrots for 2 to 3 minutes. Put the milk and stir till it evaporates. Then put the sugar and continue to stir until the mixture becomes slightly thick. Put the cardamom powder, saffron dissolved in a little milk and cream and mix properly, and it is ready to serve.