

Gajar Ka Halwa



Preparation time **30 minutes**
serves **2**

Ingredients

6 red carrots, grated $\frac{1}{2}$ cup
full fat milk $\frac{1}{2}$ cup
sugar $\frac{1}{4}$ tsp
milkmaid
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, then and add dry fruits. It is ready to serve

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.

