

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
¼ tsp elaichi powder

½ cup full fat milk
2 tbsp cream

½ cup sugar
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 **ELAICHI** powder and cream and mix properly. If desired a few strands of saffron can be added for a richer color and it is ready to serve.

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