

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 .
full fat milk ½ cup .
sugar ½ cup .
elaichi powder ¼ tsp .
a few saffron strands .
cream 2 tbsp .
ghee 3 tsp .

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.

neera v. narendran

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tsp · 6 red
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· full fat milk ½
cup · a few saffron
strands · sugar ½
cup · elaichi powder
¼ tsp · cream 2
tbsp

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