

# 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 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.**



# Aloo Parantha



Preparation time **25 minutes**

## Ingredients

Flour (atta) to make dough  
Potatoes, boiled, mashed  
Onion, finely chopped  
Green chillies, finely chopped  
Coriander leaves, finely chopped  
Turmeric powder, two pinches  
Coriander powder,  
1/2 teaspoon (optional)  
Salt to taste

## Method

Prepare the dough. Mix flour, water and salt to taste and knead properly. Set aside the dough for half an hour, so it becomes a bit soft Mash the boiled potato to fine, thick paste and add chopped onions, chillies, coriander leaves, turmeric powder and salt to taste.

Aloo Parantha (roti stuffed with potato) is an excellent, easy indian recipe that can be served at anytime (but mostly breakfast). It goes nice with mango pickles, chutney or curd (dahi) or any vegetable curry. You can also improvise aloo paratha to your taste, adding some spicy elements.



# Bhel Puri



Preparation time **10 minutes**

serves **2**

Bhel puri is a very popular snack across India.

## Ingredients

Puffed rice – 3 cups  
Besan flour chips (paapri) 1 cup  
Thin Besan noodles (sev) – 3/4 cup  
Potato, boiled and mashed – 2 cups  
Onions, chopped – 1 cup  
Tomato, finely chopped – 1/2 cup  
Coriander leaves, chopped – 1/2 cup  
Black pepper powder – 1 teaspoon  
Red Chilli powder – 1 teaspoon  
Green chillies, finely chopped – 2 teaspoons  
Tamarind sauce – 1 tablespoon  
Lemon juice – 1 tablespoon  
Mint chutney – 1 tablespoon  
Salt to taste

## Method

Take a large bowl and mix: puffed rice, besan flour chips, sev (besan noodles), black pepper powder, chilli powder and salt. Add chopped onions, mashed potatoes, chopped green chillies and lemon juice. Mix bhel with a spoon. Then, add chopped tomato, mint chutney, tamarind sauce. Mix well. Finally, sprinkle chopped coriander leaves over bhel puri recipe and serve immediately.

