

Gajar Ka Halwa Carrot Halwa

Oscar · 29/09/2024



Prep Time

1 hr 40 mins

Difficult

Medium

Servings

8

Description

Carrot halwa or gajar ka halwa is a traditional Indian dessert that's deliciously rich and creamy. This recipe uses whole milk, not condensed milk. Serve warm with vanilla ice cream for a real treat.

Ingredients

- - 2 tablespoons ghee or oil - 2 pounds carrots
- grated - 1 ½ quarts whole milk - 2 cups white sugar - ½ cup raisins or sultanas - 1 ½ teaspoons ground cardamom - 1 pinch saffron threads - 8 tablespoons chopped pistachio nuts

Instructions

1. Heat ghee in a large saucepan over medium heat and add carrots. Cook and stir briefly
2. about 3 minutes. Pour in milk and increase heat; bring to a boil and cook
3. stirring constantly
4. for 5 minutes. Reduce heat to low and simmer gently
5. uncovered
6. and stirring occasionally until moisture evaporates
7. about 1 hour. Bring carrot mixture back to a boil; add sugar
8. raisins
9. cardamom
10. and saffron. Cook and stir until mixture has thickened
11. about 10 minutes. Ladle carrot halwa into 8 individual serving dishes. Top each serving with 1 tablespoon pistachios. Serve warm or chill before serving. Tips Use a hand grater to prepare the carrots. Using a food processor makes them too watery.