

Gajar ka Halwa

In winter in North India people prepare a sweet dish prepared with carrots, it is called “Gajar ka Halwa” in our native language. All boys and girls of our School bring this dish from their homes when they report back to School. This dish can be preserved for 5-6 days in winter.

How to prepare this dish?

Ingredients:

200 grams (about 8 oz.) carrots grated
1 cup(s)milk
2 tablespoon(s) condensed milk
2 tablespoon(s) fresh cream
4 tablespoons fine sugar
2 tablespoon(s) ghee (clarified butter)
a little cardamom powder, and chopped nuts (like almonds and raisins).

Method of preparation

1. Heat ghee (clarified butter) on medium level in a pan till hot. Add grated carrots and mix well. Fry the carrots for about 10 minutes or till they are cooked.

- 2. Mix milk, sugar and condensed milk (replace condensed milk with 4 tablespoons khoya, if available). Add to carrots and keep on low heat uncovered for about 7 minutes, stirring periodically.**
- 3. Dot with fresh cream. Sprinkle cardamom powder and chopped nuts. Keep on low heat for about 2 minute(s).**