

Sarita's Gajar Halwa

Have spare time on your hands?

Gajar halwa

If you are cooking it right, please note that the preparation time is at least an hour... there are no shortcuts to perfection.

Recipe:

1. Use only fresh and firm carrots. De-skin and grate from the large holes of the grater. I used about 1/2 kg carrots.
2. Heat about half cup ghee. Squeeze out all the juice from the carrot with your palms and fry the grated carrot, on low heat for at least 25 minutes, stirring time and again.
3. Add about 2 cups of milk. Mix. Cover and allow to cook for about 15 mins.
4. Remove lid and add about 1 cup sugar, a pinch of salt, Cardamom powder and nuts (almonds, cashew nuts, pistachios) cut into slivers. Combine and cook further on medium heat for about 15 to 20 mins, stirring continuously till the Halwa leaves the sides and begins forming a mass in the centre of the pan.
5. Remove from heat to transfer into serving bowl.
6. Please note that I follow approx. measures. Do use your better judgement.!



Prepared by Sarita

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