

Carrot Halwa

Printed from Carrot Recipes at <http://www.carrotrecipes.co.uk/>

Halwa is a traditional Indian dessert - carrots are cooked with spices and nuts in butter and milk, then sweetened with condensed milk. Perfect for kids who don't like carrots!

Ingredients:

1 kilo carrots, peeled, grated
50g sultanas
6 cardamom pods + 6 cloves, ground
125g chopped nuts
1/4 tsp. nutmeg
5 tbsp. ghee
500ml milk
6 tbsp. thick double cream
200ml condensed milk
2 tbsp. sugar

Directions:

1. Heat the ghee in a large heavy bottomed frying pan. Once melted, add the cardamom, cloves and nutmeg and cook until fragrant. Add the nuts, stir and cook until fragrant.
2. Add the carrots and fry until they are dryish - the water from the carrots should have evaporated. Add the milk, stir and cook until the carrots are almost dry again, stirring often to prevent burning.
3. Add the cream and condensed milk, stir and cook until almost dry again, stirring often to prevent burning. Add the sugar to taste. If you want it to be sweeter, add more sugar. Cook until the carrots come away from the side of the pan.
4. Serve in bowls and garnish with more nuts if desired.

Author: Laura Young