

THE FAB FLIP

Carrot Halwa



by

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CARROT HALWA AKA GAJAR KA HALWA

PREP TIME

15 mins

COOKING TIME

55 mins

SERVINGS

4

INGREDIENTS

Carrot (grated)-1.5 kg

Sugar-200 gm

Milk-300 ml

Chopped cashew nut-25 gm

Chopped almond-25 gm

Chopped Pistachio - 25gm

Elaichi - 1 tsp (optional)

Ghee-2 to 3 tbsp



INSTRUCTIONS

Preparation Of Carrot Halwa -

1. Take a thick bottom non stick pan. Turn on the flame and allow the pan to heat.
2. Once the pan is hot , reduce the flame to medium and add 2-3 tbsp of ghee to it.
3. When the ghee melts fully , add in the grated carrot and mix it with the ghee. Keep mixing so that the carrot starts to change its color .
4. Cook the grated carrot for 20-25 mins on medium flame. Make sure you stir and mix it in between.
5. After 25 mins , you will notice that the carrot is almost cooked and is reduced to half. Now switch the flame to high and then start stirring for another 9-10 mins so that the carrot becomes soft ,moist and cooked well.
6. Next add milk after reducing the flame to medium-low. Mix them properly and then cover the pan with a lid and cook for 20 min on low flame.
7. The more slowly you allow the carrot to cook the more juicy and flavorful it would be. Keep stirring occasionally so that the mixture doesn't stick to the pan.
8. After 20 min you will notice that the milk has fully soaked into the carrot making it more soft and juicy.
9. Now add sugar and mix it well. Allow it to cook for 1 min to allow the sugar to melt into the mixture.
10. Finally add the chopped pistachios , almonds and cashews and give a good mix. Cover the pan and cook for another 10-12 mins on low-medium flame.
11. Keep string in between. Last but not the least, switch the flame to medium-high and cook for 2-3 min by mixing all together.
12. Transfer it to a plate and garnish it with some chopped badam , pistachios and cashews.
13. The delicious Carrot halwa is ready . Serve it hot as a yummy dessert.

