Pan of Bliss
Let's cook it real slow!

Gajar Ka Halwa (Carrot Pudding)

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Prep Time 20 minutes minsCook Time 1 hour hrTotal Time 1 hour 20 minutes



Ingredients

- 1 kg Fresh carrots (7 to 8)
- 3 cups Full fat milk
- 4 tbsps Clarified butter (ghee)
- 10 tbsps Organic sugar/brown sugar(powdered)
- 5 nos. Cardamom pods (crushed)
- 10 nos. Cashew Nuts (chopped)
- 10 nos. Almonds (chopped)
- 1 tbsp Golden raisins
- 1 tbsp Pistachios (sliced)
- 1 pinch Saffron strands (soaked in warm milk)

Instructions

1. Wash, rinse and peel 1 kg carrots(7 to 8 juicy carrots). Grate the carrots using a grater or a food processor.
2. Meanwhile, boil milk and keep aside.
3. Next, in a heavy bottomed pan, add the grated carrots and 3 cups of boiled milk and mix together. Cook on low to medium heat. Slow-cook the carrots and keep stirring occasionally.
4. After sometime, the milk will start boiling and frothing. Note that the carrots also leave some water while cooking.
5. Keep stirring the mixture and slowly the milk will start reducing.Scrape the sides of the pan gently to remove the evaporated milk solids and blend it in with the carrots. Continue cooking and stirring till the mixture is almost dry.
6. Meanwhile, in a small pan, add 1 tsp of clarified butter/ghee. Add the chopped cashews, almonds, pistachios and lastly the whole raisins. Shallow fry and take out the fried nuts and keep aside.
7. When the carrot mixture is almost dry, add 4 tbsps of clarified butter and mix well. Add 10 tbsps of powdered organic sugar to the mixture.Note that you can reduce the sugar as per your requirement. Some carrots are sweeter, so you can add or reduce sugar accordingly. You can even use a sugar substitute or jaggery powder.
8. Next, sprinkle cardamom powder over the cooked carrot mixture . (Use a mortar and pestle to powder if you don't have pre-ground cardamom powder).
9. Mix well and simmer till the carrots are cooked and the mixture is thick.
10. Stir and simmer till the mixture is completely dry and the ghee is released from the sides.
11. Garnish with shallow-fried cashews, almonds, pistachios and raisins.You can add the soaked saffron strands at this stage.Serve hot or cold.

Notes

If you don't have sufficient time you can use milkmaid (condensed milk) instead of full-cream milk. Add condensed milk to the grated carrots, mix and cook till the carrots are cooked completely. If you have got 1 cup of milk, even that can be added along with the condensed milk. When you add condensed milk you don't have to add extra sugar as the condensed milk already has sugar. While using condensed milk, add one cup of boiled milk so that the carrots get cooked well. Skimmed milk can be used instead of full fat milk. If jaggery powder is used instead of sugar, the colour of the halwa turns slightly darker. Other sugar substitutes can also be used to make this halwa. Gajar ka halwa can also be served with vanilla ice-cream. I had some vanilla ice cream in my refrigerator. So, I served it with vanilla ice cream and it tasted absolutely heavenly!