

Gajar Ka Halwa

Ingredients:

1. 8 to 9 medium carrots (about 650 grams or 4 to 4.5 cups grated)
2. 4 cups whole milk (or full-fat organic milk)
3. 4 tablespoons ghee (clarified butter)
4. 10 to 12 tablespoons sugar or raw sugar (180 to 190 grams, adjust as needed)
5. ½ to 1 teaspoon cardamom powder (or 5 to 6 green cardamoms, finely powdered)
6. 10 to 12 cashews (chopped)
7. 10 to 12 almonds (sliced or chopped)
8. 2 tablespoons golden raisins
9. 1 pinch saffron strands (optional)

Instructions:

1. Rinse, peel, and grate the carrots using a hand grater or food processor. You will need about 4 to 4.5 cups of grated carrots.
2. In a deep, thick-bottomed pan (kadai), combine the grated carrots and milk.
3. On low to medium flame, bring the mixture to a boil, then reduce the heat and let it simmer.
4. Stir the mixture occasionally as it simmers. The grated carrots will cook in the milk, and the milk will begin to reduce.
5. Continue simmering until about 75% of the milk has evaporated.
6. Add ghee, sugar, and powdered cardamom to the mixture, and stir well.
7. Keep stirring the halwa intermittently while it continues to simmer and cook on low flame.
8. Towards the end of cooking, add chopped cashews, almonds, saffron, and raisins. Continue simmering until all the milk evaporates.
9. Switch off the burner once the milk has completely evaporated.
10. Serve the gajar ka halwa hot, warm, or chilled. Garnish with some chopped dry fruits when serving.