



Gajar Halwa

"A rich and comforting Indian dessert made with grated carrots, milk, sugar, ghee, khoya, and nuts, slow-cooked until creamy, fragrant, and beautifully glossy."

INDIAN

VEG

PREP TIME
1440 min

COOK TIME
15 min

TOTAL TIME
1455 min

SERVINGS
4 People

DIFFICULTY
Medium

INGREDIENTS (10 ITEMS)

- | | |
|--|--|
| ☐ Carrot
1 kg red carrots, washed, peeled, and grated | ☐ Milk
1 litre full-fat milk |
| ☐ White Sugar
150 g sugar | ☐ Ghee
3 tbsp ghee |
| ☐ Mawa
150 g khoya/mawa, crumbled | ☐ Cardamom
1/2 tsp cardamom powder |
| ☐ Almond
2 tbsp chopped almonds | ☐ Cashew Nut
2 tbsp chopped cashews |
| ☐ Pistachio
1 tbsp chopped pistachios | ☐ Raisin
1 tbsp raisins |

STEP-BY-STEP INSTRUCTIONS

- 1 Prepare the Carrots**
Wash and peel the carrots. Grate them using the large holes of a grater so the carrot retains some texture during cooking
- 2 Cook the Carrots with Milk**
Add the grated carrots and full-fat milk to a heavy-bottomed pan. Bring to a boil, then cook over medium heat, stirring occasionally.
- 3 Reduce the Milk**
Continue cooking until most of the milk has evaporated and the carrots become soft and tender. Stir frequently toward the end to prevent sticking.

4 Add Sugar

Add the sugar and mix well. The mixture will become slightly watery as the sugar releases moisture. Continue cooking until the excess liquid evaporates.

5 Add Ghee

Add the ghee and cook while stirring continuously until the halwa becomes glossy and starts leaving the sides of the pan.

6 Add Mawa

Add the crumbled khoya and mix thoroughly. Cook for another 5-7 minutes until the khoya is fully incorporated and the halwa becomes rich and creamy.

7 Add Cardamom

Stir in the cardamom powder and cook for another minute to release its aroma

8 Add Nuts and Raisins

Add the chopped almonds, cashews, pistachios, and raisins. Mix well.

9 Finish and Serve

Turn off the heat once the halwa reaches a thick, glossy consistency. Serve warm, or refrigerate and serve chilled

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