



Carrot Halwa

Carrot Halwa is a sweet Indian dessert made by cooking grated carrots in a pot with butter, milk and spices. Traditionally enjoyed in South Asia, particularly during festivals and special occasions, carrot halwa is often served warm or hot, sometimes with ice cream. Delicious and simple, it also makes an excellent sweet tart filling.

Ingredients

2 tbsp unsalted butter
4-5 green cardamom pods, broken
500g grated carrots (grated)
200g condensed milk
Handful of dry fruits and nuts. (We used cashews and sultanas)

Method

Heat the butter in a saucepan/frying pan till it start to brown. Add the cardamom pods.

Then add the grated carrots. Let the carrot fry and cook down for 10mins. Stir from time to time to prevent the mixture from catching at the bottom.

Once the carrots are cooked down, add the condensed milk and let it cook till the mixture starts to come together and no liquid is left in the pan.

Sprinkle the nuts and dry fruits on top. You can serve it warm or let it cool down to room temperature and enjoy. Or use it as a pie filling.