

Carrot Halva (Carrot Dessert)



Ingredients:

Carrots (peeled and shredded) – 5 pounds

Milk - 2 ½ cups

Sugar – 1 ½ cups

Ghee (clarified butter) – 1 cup

Golden raisins – ¾ cup (or to taste)

Cashews – ½ cup

Procedure:

- 1) Peel, cut, core and shred the carrots
- 2) Transfer the carrots to a pot, add all the milk and cook on medium heat. Stirring occasionally.
- 3) Once the carrots are cooked thoroughly, the milk will also be reduced considerably, add “ghee” to the pot.
- 4) Keep cooking and stirring the carrots. Once they are cooked for 10 minutes or so, add sugar.
- 5) The carrot mixture will keep getting darker and darker. Fry until the carrot mixture starts releasing the “ghee”. Add raisins.
- 6) Fry some more and stir a few times.
- 7) When the carrot halva is cooked to a deep red / brownish color, transfer it to a glass bowl.
- 8) Sprinkle the cashews on top and serve at the end of the meal as dessert.