

Carrot Halwa Recipe / Gajar Halwa



Carrot Halwa Recipe

This is my 300th post, to celebrate this special occasion, I made this carrot halwa. Carrot Halwa recipe is very famous Indian Dessert (sweet) in India. Gajar Halwa / Gajrala with milk is made across India on all special occasions like Diwali, New Year, holi and for family function. You can make carrot halwa in different ways like in pressure cooker, in microwave or in stove top. I already posted the recipe for [carrot halwa / gajar ka halwa in microwave](#). In this carrot halwa recipe, I used red Delhi carrots, you can use any carrots to make this halwa like ooty carrots or the one which available in market. The carrots are cooked in milk, ghee and sugar in a slow flame in a open pan for an hour which turns into delicious and tongue tingling halwa. This carrot halwa was very pleasing to eyes and tastes heavenly with nuts on top. I personally love to eat carrot halwa with ice cream on

top. Make this carrot halwa at home and enjoy...



Ingredients for carrot halwa

- 12 Delhi Carrots, Grated
- 1 and 3/4 Cup of Sugar
- 5 Cardamom
- 1/4 Cup Ghee (clarified butter)
- 10 Cashews
- 1/2 Litre Milk (2 %)
- 2 Tbsp of Ghee to fry carrots



Method

- Wash, peel and grate the carrots (gajar).
- Heat ghee in a pan, add grated carrots, fry it for 2-3 mins.
- In the same pan, add grated carrots and milk, on a medium high flame, bring the mixture to boil and then simmer it and keep on stirring in between.
- After 25 mins, the mixture started thickening, and milk reduced, add cardamom, sugar and ghee, stir well and cook for another 10-15 mins till milk evaporates

completely.

- Add cashews and mix well. Turn off the flame.
- Serve gajar halwa hot or cold.

Tips

- Stays good in refrigerator for 2 days.
- You can also make [gajar \(carrot\) halwa in microwave](#).
- Another variation is use condensed milk in place of milk to get rich, delicious halwa.
- You can use any variety of carrots to make this halwa.
- Adjust sugar according to your taste.



Gajar Halwa Recipe

Health Benefits of Carrot

- Good for the eyes.
- Prevents cancer.
- Vitamin A and antioxidant in carrot protect the skin from sun damage.
- Prevents heart disease and stroke.
- It has anti-aging property.

Carrot Halwa Recipe / Gajar Halwa With Milk



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Prep time

15 mins

Cook time

35 mins

Total time

50 mins

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Author: Gayathri Ramanan

Recipe type: Dessert

Cuisine: Indian

Serves: 4

Ingredients

- 12 Delhi Carrots, Grated
- 1 and $\frac{3}{4}$ Cup of Sugar

- 5 Cardamom
- $\frac{1}{4}$ Cup Ghee
- 10 Cashews
- $\frac{1}{2}$ Litre Milk (2 %)
- 2 Tbsp of Ghee to fry carrot

Instructions

1. Wash, peel and grate the carrots (gajar).
2. Heat ghee in a pan, add grated carrots, fry it for 2-3 mins.
3. In the same pan, add grated carrots and milk, on a medium high flame, bring the mixture to boil and then simmer it and keep on stirring in between.
4. After 20 mins, the mixture started thickening, and milk reduced, add cardamom, sugar and ghee, stir well and cook for another 10-15 mins till milk evaporates completely.
5. Add cashews and mix well. Turn off the flame.
6. Yummy carrot halwa is ready.
7. Serve gajar halwa hot or cold.

Notes

Stays good in refrigerator for 2 days.

You can also make gajar (carrot) halwa in microwave.

Another variation is use condensed milk in place of milk to get rich, delicious halwa.

You can use any variety of carrots to make this halwa.

Adjust sugar according to your taste.