Carrot Halwa Recipe / Gajar Halwa



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.



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 ¾ Cup of Sugar

- 5 Cardamom
- ¼ Cup Ghee
- 10 Cashews
- ½ 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.

Carrot Halwa / Gajar Ka Halwa – Microwave Method / Easy

Diwali Sweets

“200th Recipe “



Hi Friends,

I’m really excited to write my 200th post. Its been 10 months since I started my blog. I’m very happy that I shared and posted almost 200 recipes. Thanks for the comments, support and appreciation as I continue traveling in my culinary journey. Thank you everyone □ □

Gayathri Ramanan

Carrot Halwa / Gajar Ka Halwa is a traditional Punjabi dessert made with carrot, milk, ghee and sugar. This rich and colorful dessert is getting popular worldwide, also you can see this in Indian restaurant menu card. This is very quick to make dessert using microwave. You can also make this in stove top or pressure cooker. Addition of ghee and nuts makes the dessert more rich and delicious. The cardamom gives good aroma and a flavor to the dish. You can make this halwa for any special occasion. Serve this halwa with ice cream on top. Try this recipe and enjoy □ □



Ingredients

- 2 Carrots, Large (1 and 1/4 Cup)

- 1 Cup of 2% Milk
- 6 Tbsp of White Sugar
- 2 -3 Tbsp of Ghee (Clarified Butter)
- 2 Cardamom Pods
- Handful of Roasted Cashew Nuts

Method

- Wash, peel and grate the carrots, I got 1 Cup of Grated carrots. Crush the cardamom seeds in a mortar and pestle to a fine powder. Keep this aside.
- In a microwave safe bowl, add ghee (1 Tbsp) and grated carrots. Microwave this for 5 mins.
- Add milk and stir well. Microwave this for another 5 mins, stirring for every 2 mins.
- Add cardamom, ghee(1Tbsp) and sugar, stir well. Microwave this for 12 mins until carrots turns soft and milk fully absorbed, stir it for every 5 mins. Carrot halwa is ready.
- Garnish it with roasted cashews or any nuts of your choice. Serve it warm or cold.

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Tips

- You can use condensed milk instead of adding 2% fat milk.
- Add any nuts of choice for garnish.
- If you have unroasted cashews, roast it in ghee before you serve.
- You can also serve this halwa with ice cream on top.
- It will lasts for 2-3 days so refrigerate it in an air tight box.
- Adjust the amount of sugar according to your taste.
- When you add sugar, the mixture turns watery so microwave till all the milk is absorbed.



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- **sending recipe to "Walking through the memory lane" event (WTML) Gayathri's Cook Spot.Daythroughmylife**


Carrot Halwa
in Microwave
foody-buddy.blogspot.com