



# PARVEEN'S INDIAN KITCHEN

## CARROT HALWA



### INGREDIENTS

- 800g carrots, peeled and grated
- 1 L whole milk
- 100g caster sugar
- 2 level tsp ground cardamom
- 150ml double cream
- 100g butter
- 50g mixed dried fruits (e.g. raisins/cranberries/sultanas)
- 50g pistachios, shelled and crushed
- vanilla ice cream to serve
- gold leaf to decorate (optional)

### METHOD

1. Place the carrots, milk, sugar and cardamom into a large heavy based saucepan and place over a high heat. Bring to the boil, reduce to a simmer then cook for 30-40 minutes or until nearly all of the liquid has evaporated.
2. Add the butter and cream to the pan, bring back to the boil then cook, over a high heat, for 10 minutes stirring occasionally. Turn the heat down a little if it starts to stick.
3. The liquid will have now evaporated completely and the carrots will have broken down and will have a deep orange colour. Add the dried fruits/berries then simmer on a low heat for a further 10 minutes or until the 'butter' begins to bubble around the edges and all of the liquid has cooked out.
4. Spoon into serving bowls then top with large scoops of ice cream, sprinkle over the pistachios.
5. Garnish with the gold leaf for that little bit of Bollywood - enjoy!

Parveen  
x

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[parveenashraf.com](http://parveenashraf.com)

