DietCloud – Recipe

Recipe Name: Easy Gajar Halwa Recipe With Khoya Made In A Pressure Cooker

Diet Type:

Course: Dessert

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Carrots (Gajjar) - washed and peeled (preferably red) • 1/4 cup Ghee • 400 ml Milk • 150 grams Khoya (Mawa) - grated • 200 grams Sugar • 1 teaspoon Cardamom Powder (Elaichi) • 2 tablespoons Ghee • 1/4 cup Mixed dry fruits - sliced (almonds cashew nuts pistachios)	4

Preparation

• To begin making the Gajar Halwa with Khoya, grate the washed and peeled carrots.

• Heat a pressure cooker on medium flame, add ghee and grated carrots and saute for a couple of minutes.

• Sprinkle a little water and close the pressure cooker.

• Allow the pressure to release naturally.

• In the meanwhile, heat a kadai on medium flame, add milk and allow it to come to a rolling boil, turn down the heat and let the milk reduce to 3/4th its quantity.

• Once the milk has reduced and thickened, add the grated khoya, elaichi powder and sugar.

• Allow the khoya and sugar to melt and the whole milk mixture to come together.

• Now reduce the flame and transfer the cooked carrots into the milk.

• Continuously stir the milk and carrot mix, till you get a thick gajar halwa.

• Adjust sugar and elaichi according to your taste and add two more tablespoons of ghee and give the gajar halwa one final stir.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)