

## **Carrot halva (Gajarela)**

1kg carrots (washed and grated)  
1 litre milk  
100g (3oz) unsalted butter  
1 cup (100g approx.) caster sugar  
1 teaspoon finely ground green cardamom seeds  
50g (half cup) flaked almonds (optional)  
small amount of ground cardamom for garnish

### **Method**

1. Pour the milk into a large heavy-based pan, add the grated carrot . Warm the mixture gently on the hob and bring to the simmer. Cook on low heat until the carrot is tender and the milk evaporates. This must be done slowly or the mixture will burn.
2. When the milk has evaporated add the butter and cook until the carrot begins to brown.
3. At this stage add the sugar, mixing well and allowing it to dissolve.  
Continue to cook the mixture until the mixture is thick and glossy.  
Add the almonds/cardamoms and serve hot in small bowls with a dollop of cream.  
Sprinkle the remaining cardamoms over the top.