

# Authentic Gajar ka Halwa: A Royal Indian Carrot Dessert

Learn to make authentic Gajar ka Halwa, India's beloved carrot dessert. Rich, creamy, and perfectly spiced - this traditional recipe serves 4 in 65 minutes.

20	45	65	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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## Ingredients

- 1 kg carrot
- 5 cup milk
- 1 cup granulated sugar
- 1 cup ghee
- 1 tsp cardamom powder
- 1 tsp saffron

## Instructions

- Prepare the carrots**

Wash, peel, and grate 1 kg carrots using a coarse grater to create thin, uniform strands.
- Cook the carrots**

Heat a heavy-bottomed pan or kadhai over medium heat (160°C/320°F). Add the grated carrots and cook for 8-10 minutes, stirring frequently, until they soften and release their natural moisture.
- Pour in 5 cups milk and bring to a rolling boil over medium-high heat, stirring to prevent sticking.**
- Reduce the milk**

Reduce heat to medium-low and simmer for 25-30 minutes, stirring every 5 minutes, until the milk reduces by three-quarters and the mixture becomes thick and creamy.
- Add 1 cup sugar and stir well. Continue cooking for 10-12 minutes, stirring constantly, until the sugar dissolves completely and the mixture pulls away slightly from the sides of the pan.**
- Finish the halwa**

Stir in 1 tsp cardamom powder and cook for 2-3 minutes more until the mixture is thick enough to coat a spoon heavily.
- Remove from heat and stir in 1 tsp ghee for extra richness and shine.**
- Serve warm in individual bowls, garnished with chopped nuts if desired.**

## Tips

**Choose the Right Carrots:** Red or Delhi carrots are ideal for authentic flavor and color. If unavailable, use the sweetest orange carrots you can find.

**Grate Consistency:** Use a medium grater for the carrots - too fine and they'll become mushy, too coarse and they won't cook evenly.

**Milk Quality Matters:** Always use full-fat milk for the richest, creamiest texture. Low-fat milk won't give the same luxurious mouthfeel.

**Patience with Cooking:** Don't rush the milk reduction process. Slow cooking on medium-low heat develops the best flavor and prevents burning.

**Ghee Temperature:** Add ghee when the mixture is slightly cooled to prevent it from separating and to achieve the perfect glossy finish.

**Fresh Cardamom:** Grind cardamom pods fresh for the most aromatic flavor. Pre-ground cardamom loses potency quickly.

**Nut Preparation:** Lightly roast the nuts in ghee before adding to enhance their flavor and ensure they stay crunchy.

**Consistency Check:** The halwa should coat a spoon when done but not be completely dry - it will thicken further as it cools.