

# Sweet Carrot Halva

This nutritious dessert, made from grated carrots simmered in milk, is flavoured with spices, nuts and raisins.

## SERVES 4

- 750 g/1½ lb carrots, grated
- 750 ml/1¼ pints/3 cups milk
- 1 cinnamon stick or piece of cassia bark (optional)
- 4 tbsp vegetable ghee or oil
- 60 g/2 oz/⅓ cup sugar
- 30 g/1 oz/¼ cup unsalted pistachio nuts, chopped
- 30-50 g/1-2 oz/¼-½ cup blanched almonds, flaked (sliced) or chopped
- 60 g/2 oz/⅓ cup seedless raisins
- seeds from 8 cardamom pods, crushed
- double (heavy) cream or yogurt, to serve

**1** Put the grated carrots, milk and cinnamon or cassia, if using, into a large, heavy-based saucepan and bring to the boil. Reduce the heat to a simmer and cook, uncovered, for 35-40 minutes, or until thickened (with no milk remaining). Stir the mixture frequently during cooking to prevent it sticking. Remove the cinnamon stick.

**2** Heat the ghee or oil in a non-stick frying pan (skillet), add the carrot mixture and stir-fry over a medium heat for about 5 minutes or until the carrots take on a glossy sheen.

**3** Add the sugar, pistachios, almonds, raisins and crushed cardamom seeds, mix well and continue frying for a further 3-4 minutes, stirring frequently. Serve warm or cold with cream or yogurt.