

THE LOADED



LADLE TV



INGREDIENTS

- 1 lb carrots (about 5)
- 5-8 Tablespoons ghee, as needed
- 2 cups milk
- 3/4 cup sugar
- cardamom: 3 Tablespoons ground OR 5-6 pods

Carrot Halwa



DIRECTIONS



1. Peel and grate 5-6 carrots (finely grate). A food processor can also be used for the same.
2. Heat the pan, and add Ghee (Clarified Butter), make sure it is not salty and stir the grated carrots in the pan for around 7-10 minutes on low flame.
3. Add 2 cups (can be varied according to the grated carrots) of milk to the pan.
4. Stir and mix it in low-medium flame for around 30-40 minutes till the milk is completely mixed (or evaporated) within the carrots and is completely cooked. Add one small bowl of sugar in between around 15 minutes later in the milk.
5. Sugar is varied as per taste so it can be added later as well.
6. You can add Cardamom pods (preferred -> if pods then this needs to be added while cooking the carrots in ghee, before mixing with milk) or ground cardamom powder while cooking (this can be added in the last)