



Halwa Recipes

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Halwa Recipes

Halwa is a favourite desert for Indian people. A meal with halwa is considered to be nutritious and royal. Although the Gajjar Halwa or the Gajar ka Halwa are considered as the king of Halwas, the other varieties like dudhi ka halwa, besan halwa, moong dal halwa, khajur or date halwa are also special varieties.

In this section, we present to you the royal halvas of Indian cuisine.

- | [Gajjar ka Halwa / Gajar ka Halwa / Carrot Halwa](#)
- | [Doodhi Halwa / Dudhi Halwa / Lauki ka Halwa / Milk-gourd Halwa](#)
- | [Besan Halwa / Chana Dal Halwa](#)
- | [Moong Dal Halwa](#)
- | [Khajur Halwa / Date Halwa](#)
- | [Bread Halwa](#)
- | [Sooji Halwa/ Suji Halwa/ Sheera](#)
- | [Halwasan / Halvasan](#)
- | Candied Papaya ([Halwa Betik](#)) - A Malaysian Delight.

Here you can download [Halwa Preparation PDF](#).

To download the calories intake for Halwas, click [Halwa Calories PDF](#)

In this section, we present to you the royal halwa-puri cuisine of Pakistani culture.

- | [Halwa Puri Cholay Recipe](#)
- | [Halwa Poori Breakfast](#)
- | [Halwa Poori Aaloo and Heaven](#)

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Halwa Recipes - Carrot Halwa, Gajjar Halwa, Gajar Halwa



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Gajjar Halwa (Gajar ka Halwa)

Ingredients for carrot halwa:

- 1 kg Gajjar
- 1 litre Milk
- 300 gm Dried Milk (Mawa)
- 1 teaspoon Cardamom seeds
- 3/4 cup Water
- 3 tablespoons Ghee
- Dry Fruits :
 - 2 tablespoons Raisins
 - 2 tablespoons Almonds
 - 2 tablespoons Pistachios
- 450 grams Sugar

Preparation of carrot halwa :

- | Wash and grate the carrots using a grator. Soak the raisins in water for 30 minutes. Shred the nuts.
- | Put the water to boil. Put milk and grated carrots in a heavy base kadhai / deep saucepan and bring it to boil. Cook over medium heat until all the milk gets dried up. You should stir the mixture occasionally to prevent any sticking. when it starts boiling add the grated carrots. Cook the carrots for 5-7 minutes.
- | Cook on a low flame for 1 hour stirring occasionally. Add sugar and mix well and then cook till all the sugar has dissolved and the milk has been absorbed.
- | Add ghee, mawa and simmer for 2-3 minutes. Add the slightly crushed cardamoms powder and the raisins. Mix well.
- | Remove the halwa from heat and put it in a serving dish. Garnish the halwa with almonds and pistachios. Best preferred is serving HOT but you can also serve cold or at room temperature.
- | Add lemon juice and paneer pieces. Mix well so that all the paneer pieces gets properly coated with sugar. Allow it to cool.

User Comments & Tips

- 1. you can use khoya in place of milk powder if you do not like or have milk powder.



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Ingredients for Milk-gourd halwa:

- 1 kg doodhi
- 1.5 litre milk
- 550 gm sugar
- elaichi (cardomon powder)
- few flakes of saffron
- 1 tbsp ghee

Method

Peel and grate the Dudhi
Put milk and dudhi in a slightly heavy saucepan. Boil till the mixture is thick, stirring occasionally. Once it starts thickening, stir continuously. Add sugar to the mixture and cook further till it thickens. Add the other ingredients : ghee, elaichi, saffron and colour. Stir on low heat till the mixture collects in a soft ball or the ghee oozes out. Serve piping hot, after decorating it with a chopped almond or pista.