Carrot Halwa

This recipe is an enticing and exotic delicacy: an Indian popular dessert made with carrots, cardamom, pistachios and cashews, a perfect end to an Indian meal and very easy to prepare. It is both creamy and crunchy and will surprise your guests! You can serve it as a warm compote or cold the next day.

For 6 to 8 people

Preparation: 15 min

Cooking: 55 min

Easy

2 + 3 Tbs vegetable margarine

350 g grated carrots

100 g raisins

3 or 4 Medjool dates, pitted and chopped

3 dl DreamTM Coconut + Calcium & Vitamins

75 g cane sugar

1 tsp cardamom powder

2 tsp turmeric

100 g pistachios, chopped

1 handful cashews

1 handful fresh mint, chopped

1. Melt 2 tablespoons margarine in saucepan. Cook carrots with raisins and dates for 15 to 20 minutes.
2. Then add the vegetable drink and the cane sugar. Stir frequently and cook until the liquid is absorbed. This will take about 30 minutes. Add the remaining margarine, cardamom, turmeric, pistachios and half of the cashews. Stir until the ingredients are well blended. Continue cooking for 10 minutes. Stir regularly so the mixture does not stick to the pan. Roast the remaining cashew nuts in a non-stick skillet.
3. Add fresh mint and sir. Decorate with roasted cashew nuts.

Tip:

Use carrots in a bunch because they are tenderer and have softer taste.

Variation :

Replace the DreamTM Coconut + Calcium & Vitamins with DreamTM Rice Calcium, DreamTM Almond + Calcium & Vitamins or DreamTM Almond-Hazelnut-Rice + Calcium & vitamins.