

Desserts of the World: India

Presented Jan 15, 2019, by Varsha Pathare

Gajar Halwa (carrot pudding)

Ingredients

- 1 pound carrots, peeled and shredded
- 3 Tablespoons ghee
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup ricotta cheese
- $\frac{1}{4}$ teaspoon cardamom
- 2 teaspoons almonds and pistachios (chopped/sliced) for garnish



Directions

1. Heat ghee in a pan over medium low heat. Add shredded carrots, stir well and cover. Cook for 5-10 minutes, stirring occasionally, until carrots are soft.
2. Add sugar and stir well. Cook for 3-5 minutes until sugar is well-incorporated. The mixture will start to look sticky.
3. Add ricotta cheese and mix well. Add cardamom and stir well. Garnish with nuts.
4. Gajar halwa can be served warm or cold.

Kheer (vermicelli pudding)

Ingredients

- $\frac{1}{2}$ cup vermicelli, broken in $\frac{1}{2}$ -inch pieces (see note, below)
- 1 Tablespoon ghee
- $\frac{3}{4}$ cup half and half
- $\frac{1}{2}$ cup heavy whipping cream
- $\frac{1}{2}$ cup sugar
- $\frac{1}{8}$ cup golden raisins
- $\frac{1}{4}$ teaspoon cardamom
- $\frac{1}{4}$ teaspoon nutmeg
- 1 Tablespoon ground almonds
- $\frac{1}{8}$ cup sliced/chopped almonds and pistachios for garnish



Directions

1. Heat ghee in a pan over medium-low heat. Add broken up vermicelli and sauté for 2-3 minutes until the pieces turn golden brown, taking care not to let them burn.
2. Add half and half and whipping cream. Let the mixture come to a boil, stirring occasionally, taking care to prevent burning and sticking to the pan. Boil gently for 3-5 minutes.
3. Add sugar and stir well. Return to a gentle boil. Stir continuously to prevent sticking.
4. The mixture will thicken as it simmers. Add ground almonds and return to boil, let simmer 1-2 minutes. Add cardamom, nutmeg and raisins. Stir well to mix. Garnish with chopped nuts.
5. Kheer can be served warm or cold.

Note: It's best to use thinner vermicelli noodles, which are available at Indian food stores.