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by ewfood

Punjabi Carrot Pudding

Ingredients

2 tbsp ghee or oil
10 cashewnuts - chopped
10 almonds - blanched and sliced
10 pistachios - sliced
500 gms carrots - washed, peeled and grated
1 cup milk - boiled
1 cup sugar
Pinch of cardamom powder
Servings
4
Person

Preparation

1. Heat 1 tbsp oil or ghee in a deep frying pan.
2. After that fry all the nuts until golden brown.
3. Then remove and set aside.
4. Thereafter, in the same pan - heat the remaining ghee.
5. Now add the carrots
6. Saute until fragrant on low heat.
7. Pour in the milk and allow it to simmer.
8. Once the mixture begins to thicken, add the sugar and continue to stir - still on low heat.
9. Do this till the liquid evaporates.
10. Then add in the fried nuts and cardamom powder.
11. Stir well and serve hot.
12. Best eaten on its own. However, you can also serve with cream or vanilla icecream.

Cooks Note

Serves 4