

Beetroot Halwa Recipe

How to prepare Beetroot Halwa

- Prep time-under 15 min
- Cook time-under 30 min
- Serves – 2

Ingredients needed

- Beetroot grated – 2 cups heaped
- Sugar -3/4 cup
- Milk – 2 cups
- Cardamom powder -1/4 tsp
- Almonds/Badam – 10
- Cashew nuts – few
- Ghee – 1/4 cup
- Unsweetened Khoa/khoya – 100 grams (optional)



Preparation

- Wash, peel the skin and grate beetroot.
- Put almonds in boiling water (blanch almonds), remove the skin and pat it dry. Cut it into thin strips.
- Heat a tsp of ghee, fry cashew nuts and keep it aside.

Method

- In the same pan, heat a tbsp of ghee, add grated beetroot and fry it till the raw smell goes.
- Then add 2 cups of milk and cook the beetroot on low flames, stirring in between. Cook till the beetroot becomes soft and all the milk evaporates.
- Then add sugar, khoa and cook till sugar dissolves and gets mixed well with the beetroot.
- Add cardamom powder, remaining ghee and cook for a few more seconds.
- Garnish with cashew nuts, almonds and mix well. Serve hot or warm.
- Note -Khoa is prepared by boiling milk in a heavy bottomed pan in low flames until it is thickened. I boiled 2 cups of milk in low flames until it thickened. You get ready made khoa also. Khoa is added just to give richness to the halwa and it is totally optional.
- Using full fat milk gives richness to the halwa.
- You can add blanched almonds or roasted almonds.

- You can grate beetroot using the grater with fine holes or bigger ones according to your preferences.