

Improving early years education in Nepal schools

DESSERT

GAJAR KA HALWA (CARROT PUDDING)

PREP
20
mins

COOK
35
mins

SERVES
4



INGREDIENTS:

- Ghee 2 tablespoons (30g)
- Cardamom powder 1/4 teaspoon
- Carrots, peeled and grated 400g
- Sultanas 1 tablespoon
- Chopped almonds 1 tablespoon
- Milk 150ml
- Sugar 1/4 cup (50g)
- Condensed milk 2 tablespoons

METHOD:

- 1 Heat the ghee over a slow-medium heat.
- 2 Add the grated carrots and stir continuously for 10 minutes.
- 3 Add the sugar to the carrots and stir until it has dissolved.
- 4 Add the milk and stir continuously until the milk is completely absorbed - about 15 minutes.
- 5 Add the condensed milk and stir in sultanas and almonds and mix in to heat them through.
- 6 Sprinkle cardamom powder - serve either hot with one scoop vanilla ice cream or cold.

30For30

To mark 30 years since its first funded school was opened, PTN is running a 12-month campaign in 2021. '30 For 30' aims to raise £50,000 to help 30 schools improve their teaching provision and facilities for pre-primary school children aged 1-5 years old.

Find out more at www.pahar-trust.org/30for30



KURRIES
AND
STEAKS

Recipes created especially for Nepali Night
In by Shri Naik, chef and founder of Kurries
and Steaks restaurant, Isle of Man.