

Sooji Halwa – Semolina Halwa

Ingredients:

- 1 cup coarse Semolina – Sooji
- 1 cup Sugar
- ½ cup Ghee or flavorless Oil
- 4 cups Milk [preferably whole milk]
- 1 cup Water

Garnish

- 3 tablespoon Chopped Almonds
- 3 tablespoon Black or green Raisins.
- 1 teaspoon freshly ground Green Cardamom (4-5 pods)

Note – Optionally using Saffron instead of Cardamom will give the Halwa a very unique flavor.



Instructions:

- Warm up the Milk and Water mixture until hot to the touch. This can be done in a microwave oven or a steel pan over a stovetop. [Boiling is not necessary]
- Heat Ghee or Oil in a separate fry pan or Kadai until well heated but not smoking. Fry the chopped almonds and raisins until just slightly brown.
- Whisk in the Semolina and continue to stir constantly with a spatula until the mixture turns light brown and aromatic.
- Pour the warm milk-water mixture slowly into the fry pan as you continue to stir so it does not form lumps.
- Continue to cook as you stir until the mixture is semi solid and the liquid has been fully evaporated.

- Now add the sugar and continue to stir. Note: the mixture will first liquefy before it becomes semi solid again. Add the ground cardamom and mix well.
- Serve while hot & enjoy!

Notes: This recipe can be made with any cup measure big or small to be modified for quantities. The ratio of ingredients is key to getting the consistency correctly.