

# CARROT HALVA

## Halva havij

**Preparation 5 minutes**

**Cooking 15-20 minutes**

**Makes 12-15 portions**



### Ingredients

Two or three long carrots, approximately 250g (8.8oz), peeled and trimmed  
65g (1/2 cup) plain flour  
6g (1 tbsp) ground cardamom  
2g (1 tsp) ground cinnamon  
45ml (3 tbsp) rose water  
150g (3/4 cup) caster sugar  
75ml (5 tbsp) vegetable oil  
75g (1/3 cup) unsalted butter

### To make

Gently simmer the carrots in a saucepan until soft.

Using either a food processor or an immersion blender, puree the softened carrots. While you cook the carrots, place the flour in a pan on medium heat for 3-5 minutes or until lightly brown, stirring constantly to stop it from catching around the edges.

Add the butter, oil, carrot puree and sugar and mix until combined.

Add the rose water, cardamom and cinnamon. Using a wooden spatula, stir constantly for five minutes, or until the mixture becomes glossy and less sticky.

Remove the pan from the heat and transfer onto a serving plate, drawing decorative lines with the tip of a spoon.