

# *Cashew Coco Halwa*

## **Ingredients**

cashew nut - 1 cup

grated coconut - 1 cup

milk - 1 cup

maida - 1 cup

ghee - 1 ½ cup

sugar - 3 cups

cardamom powder - ½ tsp

nutmeg powder - ¼ tsp

## **Method**

Grind cashewnuts and coconut with milk to a smooth paste.

Fry maida with ghee till light brown.

Add cashew coconut paste.

Add sugar and cook stirring till the mixture thickens and forms a lump in the center of the pan.

Add cardamom and nutmeg powder.

Remove from fire and press into a serving dish. Serve warm or cold.

# *Rawa Banana Halva*

## **Ingredients**

rawa - 1 cup

sugar - 1 ½ cup

ghee - 1 cup, melted

finely chopped bananas - 2 cups

milk - 2 cups

water - ½ cup

cashew nuts - 2 tbsp

yellow colour - little

## **Method**

Add 2 tbsp of ghee and cashew nuts in cooking pan and press the switch to cooking.

When the switch goes to keep warm, add rawa and press the switch to cooking.

Roast the rawa lightly and add remaining ingredients.

When the switch goes to keep warm, stir the contents.

If there is excess liquid, press the switch to cooking again.

When the switch goes to keep warm the halva will be ready.

# *Ragi Manni*

## **Ingredients**

ragi flour - 1 cup

grated coconut - ½ cup

powdered jaggery - 1 cup

milk - as required

cadamom powder - ½ tsp

## **Method**

Soak ragi in water for 1-2 hours. Grind with coconut.

Strain through a thin cloth. Add some water to the residue and squeeze well.

Add jaggery to the extract and stir till dissolved.

Measure this liquid. Add enough milk to make it 6 cups.

Add cardamom. Cook till thick. Pour in a greased plate.

Cool and cut into pieces.

# *Sultani Mawa*

## **Ingredients**

milk - 1 cup  
seedless dates - 100 gms  
sugar - ½ cup  
ghee - 1/3 cup ( approx. )  
poppy seeds - 1 tbsp  
cardamom seeds - ¼ tsp  
plain khova - 150 gms  
nutmeg powder - little  
chopped walnuts - ¼ cup  
saffron - little  
badam & pista - few

## **Method**

Chop dates, cook with 1 cup of milk till soft.

Cool and blend in a mixer. Roast and powder poppy seeds with cardamoms.

Combine khova, date mixture, sugar and all the spices.

Add walnuts. Cook stirring, adding ghee in between.

When the mixture forms a lump that leaves the sides of the vessel, remove from fire and spread in a serving dish.

Garnish with badam and pista slices.

# *Dry Fruit Delight*

## **Ingredients**

### **I layer :**

milk - 1 1/2 litre

sugar - 1 cup

cashew nuts, powdered - 3 tbsp

almond essence - 2 drops

### **II layer :**

dried apricots - 50 gms

dried figs - 50 gms

dates - 50 gms

sugar - 1/2 cup

## **Method**

### **For Layer I :**

Boil the milk till it is reduced to 1/2 its volume.

Add sugar and continue to cook till the mixture begins to thicken.

Add cashew nut powder and cook till the mixture is semi solid.

Add essence and spread in a shallow glass dish.

### **For Layer II :**

Soak all the dry fruits in water for 1 hr. Chop them . (remove the seeds from apricots and reserve. )

Cook them in the water in which they were soaked, till soft.

Add sugar and cook till it is thick.

Spread over the I layer. Serve hot or chilled.

# *Bombay Halva*

## **Ingredients**

corn flour - 120 gm.

water - 1 cup

cream of tartar - ½ tsp

sugar - 3 cup

water - 1 ½ cup

lime juice - 2 tsp

ghee - ½ cup, approx

essence and colour as required

chopped nuts - ½ cup

## **Method**

Mix corn flour with water and cream of tartar and keep aside.

Make two thread syrup with sugar, water and lime juice.

In a thick pan, cook the corn flour mixture till it forms a lump.

Remove from fire, mix in the sugar syrup.

Place it back on fire and cook stirring , adding ghee gradually.

When the halva becomes thick and firm (about 40 minutes), add essence, colour and ½ the nuts.

Pour in a greases pan. Sprinkle remaining nuts on top.

Cool and cut into pieces.

# *Guava Halva*

## **Ingredients**

guavas - 6, big  
sugar - 1 cup  
milk - 1 cup  
ghee - 4 tbsp

## **Method**

Cut guavas into halves and remove the seeds.

Add 1/2 cup water to them, mix well and strain.

Reserve this liquid. Steam the guava halves till soft.

Cool and blend in a mixer with the reserved liquid.

Add sugar and milk cook till it begins to thicken.

Add ghee little at a time and continue to cook stirring till the halva is formed a lump that leaves the sides of the vessel.

Serve garnished with chopped nuts.