

# Carrot Kheer

## Ingredients:

- 4 - 5 fresh, slender carrots
- 1/2 litre **Amul Milk**
- 2 cups sugar
- 1/2 tsp powdered cardamom
- 5 - 6 cashews and almonds sliced

## Method:

- Wash and peel the carrots. Cut the edges. Then boil the carrots in the pressure cooker.
- Meanwhile boil the **Amul Milk** in a big thick bottomed vessel and keep it aside.
- Grind the boiled carrot into a paste and then add to let the mixture cook.
- Stir constantly.
- Add the cup of sugar.
- Add cardamom and leave until the mixture comes to a boiling state or until the raw smell of the carrot goes.
- Then sprinkle the shredded cashews and almonds.
- Let it cool for sometime.
- Serve either hot or after refrigerating it.

# Sheer Khurma

## Ingredients:

- 1 litre **Amul Milk**
- 15 sliced almond
- 15 sliced pista
- 10 sliced dry dates
- 10g charoli
- 2 spoons white khuskhus
- 10g roasted vermicilli
- 2 - 3 pieces cinnamon
- 5 cardamon
- Sugar
- 2 spoons ghee

## Method:

- Fry the ghee, cinnamon and cardamon.
- When it is hot, add **Amul Milk** and boil.
- Add ingredients one by one except vermicelli.
- Boil till the milk is thick.
- Now add sugar and white khuskhus and boil for 7 minutes.
- Now add vermicilli and boil for 2 minutes.