

CARROT KHEER

Following my recent trip to Mumbai, I'm thrilled to share an Indian dessert recipe inspired by prominent UK Indian chef Anjum Annand. Carrot in dessert may seem strange but then - who doesn't love carrot cake?

As Anjum says, "Most Indian desserts are based on lentils, grains, vegetables and rice. Words alone may not convince you that a chilled dessert of creamy thickened milk with floating threads of sweet carrot and the added crunch of nuts is a perfect, light dessert but that's why you have to taste it!"

And the tasting is delicious. This dessert is a great one to make ahead - a day or two in the fridge is fine, so long as it is tightly sealed.



Serves: 4 - 6

Time: 1 hour, plus cooling time



INGREDIENTS

- 800 grams (28.2 oz) full-fat milk
- 200 grams (7 oz) carrots, peeled and chopped in 2cm (1 in) pieces
- 30 grams (1.4 oz) sugar
- good pinch saffron strands
- 1/3-1/2 tsp cardamom seeds, crushed in a mortar and pestle (or use powdered cardamom)
- 2 tbsp pistachios, chopped
- 2 tbsp flaked almonds, toasted



METHOD

Traditional Method

1. Heat the milk in a wide, heavy bottomed saucepan, stirring and scraping the base with the spoon very often to make sure the milk does not catch and burn. If you are standing at the cooker, you can increase the heat and stir constantly but if you are busy in the kitchen (do not stray too far) keep it on a low flame because milk froths up a lot. Keep cooking until it reduces by about one-third. This takes about 25-35 minutes depending on your pan and heat.
2. Add the carrots and continue cooking for another 40 minutes or until they are soft and the milk is as thick as you like it. It is a personal thing, I like it quite thin but others like it quite thick. You will need to keep up the stirring though.
3. Stir in the sugar, saffron and cardamom powder. Cook for another two minutes and taste for sweetness. Chilling any food dulls its sweetness so you may need to add a little more than you would deem necessary.
4. Cool and then place in the fridge, covered with cling film as milk absorbs other flavours from the fridge. Garnish and serve once cooled, or place in the fridge, tightly covered because milk absorbs other flavours. When ready to eat, serve in bowls sprinkled with the nuts.



...continued



Thermomix Method

1. Place milk in mixing bowl and reduce **30 min/100°C (212°F) /speed 5**. If using a TM6, use splatter guard. If using a TM31 or TM5, remove MC and place steamer basket on mixing bowl lid. Keep an eye on the machine because hot milk bubbles a lot. If it froths up, pause for a few seconds, or increase to speed 5.5 to settle it down.
2. Add carrots and chop **20 sec/speed 7**. Cook **20 min/100°C (212°F) /speed 5**.
3. Add sugar, saffron and cardamom. Cook **2 min/100°C (212°F) /speed 2**. Assess the texture. Kheer can be any consistency you desire, from thin cream to thick custard consistency. It will thicken slightly as it cools, but you can also continue to reduce at this point to thicken. Mix for a further **10 min/100°C (212°F) /speed 4** or until desired texture is attained.
4. Transfer into a container and allow to cool. Garnish and serve once cooled, or place in the fridge, tightly covered because milk absorbs other flavours. When ready to eat, serve in bowls sprinkled with the nuts.

Tips

- You can halve this recipe. You may not need the full cooking time at step 2 - keep an eye on the mixture and move to step 3 once desired texture is achieved..

Variations

- Use red carrots when you can find them at farmers' markets or specialist grocers.
- Sugar can be omitted or replaced with alternative sweeteners, such as honey or maple syrup.



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SHOPPING LIST:

- Full-fat milk (800 grams / 28.2 oz)
- Carrots (200 grams / 7 oz)
- Sugar (30 grams / 1.4 oz)
- Saffron strands
- Cardamom seeds (or powdered cardamom) ($\frac{1}{3}$ - $\frac{1}{2}$ tsp)
- Pistachios (2 tbsp)
- Flaked almonds (2 tbsp)



NOTES & TIPS: