

# Gur Ka Halwa (Semolina and Jaggery Pudding)

Recipe by Mehak Khanna, BCAA Team Member

## Ingredients:

- 1 cup Semolina flour
- 1 cup Jaggery (Gur)
- 1 cup Ghee (clarified butter)
- ¼ cup (or more for extra sweetness) Granulated sugar
- 3 cups Water
- A pinch Red/ orange food colour
- 7-10 Raisins
- Cashews / pistachios for garnishing



## Directions:

1. Heat ghee in a heavy bottomed vessel on medium heat.
2. Add semolina and roast until golden brown on slow/ medium heat. Make sure you keep stirring it to avoid over browning. Add raisins to it if you like.
3. In a separate pan, heat 3 cups of water, add jaggery, sugar and red color, stir till it fully dissolves in water.
4. Sieve the boiled jaggery water in the semolina and stir (carefully as it sizzles and splashes), mix it quickly and make sure there are no lumps. Cook for another couple minutes on low heat, stirring continuously. Keep stirring till it thickens and you will see the ghee appear on the sides of the pan and semolina starts to leave the edge of the pan.
5. Turn off the flame and garnish with dry fruits. Cover it with a lid for a glazed look.
6. Serve hot and enjoy!

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