

Carrot pudding (Gaajar ki kheer)

Ingredients	
Milk	500ml
Sugar	1 Tablespoon
Carrots	2
Almonds	10-12
Cardamon powder	2-3 teaspoons

Method

1. Boil the milk with cardamoms powder.
2. Add grated carrots to the milk.
3. Let the mixture warm for a while. Keep stirring it.
4. Crush half of the almonds and add to the mixture.
5. Add remaining half of the almonds in pieces when the mixture starts getting hard.
6. Add sugar.
7. Serve hot.

Soya - curd cakes (Soyabeen dahi bhalle)

Ingredients	
Soyabeen granules	1 cup
Skinned split black lentils (Urad Dal)	¼ cup
Ginger paste	1 teaspoon
Curd	3 cups
Green chile	1
Black salt	1 teaspoon
Roasted cumin seeds powder	1 teaspoon
Sugar	2 teaspoon
Black pepper	½ teaspoon
Red chile powder	½ teaspoon
Salt	to taste

Method

1. Rinse soyabeen granules and Urad Dal overnight in water separately.
2. Uncover soyabeen granules and grind it.
3. Grind Urad Dal and ginger together and mix with soyabeen granules.
4. Heat the oil.
5. Make small balls of the mixture and deep fry them.
6. Mix salt in 500 ml warm water and stir.
7. Rinse the fried balls in warm salty water.
8. Drain the water in balls by softly pressing them when balls get properly rinsed in water.
9. Add sugar, black pepper, roasted cumin seeds powder, black pepper, and red chilly powder to curd and stir the mixture.
10. Serve balls immersed in curd mixture.

- Both recipes sent in by winner Mrs Shailja Vishwakarma, Republic of Seychelles.
- Please note that HEART UK is not responsible for the nutritional content of these recipes.