

Nenthampaza Halwa

Ingredients

Nenthampazam – 1 kg (big & ripe Malabar bananas)
Sugar – ½ kg
Ghee – ¾ cup
Chopped nuts – to garnish.



Preparation

- Boil, peel & mash the fruits thoroughly.
- Heat sugar with 1 cup of water & boil.
- When one syrup consistency is reached, add mashed fruit & stir continuously.
- When it starts thickening, add the ghee gradually.
- When the ghee starts floating on top & the mass starts leaving the sides of the vessel, remove.
- Add cardamom powder,.
- Cool, empty on a greased plate spread with chopped nuts, level & cut.

Didn't turn out as expected?

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