

Wheat Halwa (Thirunelveli Halwa)

Ingredients

Whole wheat or wheat rawa – 250
gms

Sugar – 1 kg
Ghee – 350 gms
Boiling water – 6 cups
Cashew – ½ cup
Cardamom powder – 1 tsp
Saffron colour – a pinch



Preparation

- Wash & soak whole wheat or rawa in plenty of water for 5–6 hrs.
- Drain & grind with 1 cup of water in a mixi.
- If you are using whole wheat, grinder is better.
- Squeeze to get the milk.
- Repeat this procedure 3–4 times more with a fresh cup of water every time & squeeze the milk thoroughly.
- You will find that the squeezed wheat or rawa has practically nothing in it.
- Allow the liquid to settle, undisturbed for 6–8 hrs.
- Then pour out the clear liquid as far as possible, retaining only the thick milk.
- Make a syrup of the sugar with 2 cups of water.
- Add 2 tbsp milk, boil & remove the dirt layer.
- When one-string syrup is reached, add the thick milk, stirring well.
- Add saffron colour mixed in 1 tsp of water to get the required shade of colour.
- Keep stirring the mixture on a low fire.

Didn't turn out as expected?

Need more help?

Have an idea to improve on this recipe?

Need other recipes from this cook?

Want to contribute your unique recipe?

Visit www.IndusLadies.com



Cook : Chithra Viswanathan
Website : www.IndusLadies.com
Region : South Indian
Type : Sweets

- Keep water boiling ready in the next stove.
- When the mixture starts thickening, add 1 cup of boiling water & cook.
- Add 2 tbsp of ghee.
- The mixture will again start thickening – repeat the above procedure in the same order till you have used up all the 6 cups of boiling water. (adding ghee in between).
- This way, the halwa gets thoroughly cooked to a very soft texture.
- Now it will become a mass & at this time add cardamom powder & cashewnuts.
- Go on stirring – the stage is reached when ghee starts gradually oozing out.
- Now empty on a greased plate.
- Serve hot or cool & cut into pieces.

Cook's Tips

- This method involves more labour than the pressure cooker halwa method. But since 6 cups of hot water & more ghee are added, the yield is very high as much as nearly 1.5 kgs of halwa !
- If you prepare using not less than 1 kg, in a big stove on a very high flame, the colour will also be dark. Here we use a small amount & so the colour will not become brown.

Didn't turn out as expected?

Need more help?

Have an idea to improve on this recipe?

Need other recipes from this cook?

Want to contribute your unique recipe?

Visit www.IndusLadies.com