

# Besan Halwa

## INGREDIENTS

- 1 cup gfBesan (Gram flour)
- 1/2 cup ghee
- 1/2 cup sugar
- 2 cups water, warm
- 2 pinches saffron soaked in 2 tbsp warm milk
- 1 tsp cardamom powder
- 2 tbsp each Pistachio & Almond Slivers, for garnishing

## METHOD

1. Sieve the gf Besan to fine flour. Make sure that there are no lumps in the flour.
2. Heat Ghee in a heavy bottom steel pan.
3. Once the ghee is hot, lower the heat to medium and add gf Besan flour or gram flour to it.
4. Take a heavy flat spatula and start roasting the Besan in ghee. After 2 minutes, reduce the heat to low. Keep stirring.
5. Stir and roast the Besan in ghee on low heat for about 15 minutes. It is important to roast the Besan till the point where it starts getting separated from the ghee.
6. Now add 2 cups of warm water to the pan slowly.
7. Keep stirring and when the water is absorbed, add the soaked saffron with milk, cardamom powder and sugar to it. Keep stirring continuously.
8. Switch off the heat when you see the desired consistency and let it stand for 2-3 minutes.
9. Add the chopped pistachios and almonds and serve warm.

