

Contributed by Ms Aesha Munawar

Ingredients

	Quantity:	Measure:	Ingredients:	Descriptions:
	2	Whole	Cardamoms	Green, s
1		Kilogram	Carrots	red, grated, Coc
1		Liter	Milk	Boil
1		Handfuls	Rice, Raw	Cook in milk
1		Kilogram	Sugar	Cook in milk

Method

Bring the milk to a boil and add all the ingredients, just keep the flame low. Stir occasionally. Cook for 1-2 hours it may take more time as carrots leave their water. When you feel that the rice and carrots are merged into milk as you cannot see them separately, then think it is ready. Take care that it should not be watery as well as it should not be hard or solid like. If it is of the right consistency then it will be the yummiest dessert you ever had and I mean it.

Note: you should not grate the white portion of the carrots, only and only include the red portion. Do not use Chinese carrots only red carrots are recommended.

Serve chill. Sprinkle grated coconut and crushed peeled almonds.

Optional: you can serve it with yogurt.(homemade or unsweetened is preferred).