

Sweet Pumpkin and Ghee Halwa

Indulge in this rich and creamy Sweet Pumpkin and Ghee Halwa, blending the natural sweetness of yellow pumpkin and sweet potatoes with the luxurious touch of ghee and gulkand. Perfect for a festive dessert or a comforting treat.


50 min

Total time

Medium

Difficulty

600

kcal / serving

Ingredients

- Yellow pumpkin: 524 g
- Sweet potato: 261 g
- Ghee: 308 g (1.3 cups)
- Gulkand: 16 g (1 tbsp)
- Malai: 124 g (0.5 cups)
- Powdered sugar: 124 g (1 cup)
- Dry fruits (figs, dates, apricots, raisins): 31 g (1/4 cup)

Steps

- 1 Peel and chop the yellow pumpkin and sweet potato into small cubes.
- 2 In a large pan, heat the ghee over medium heat. Add the chopped pumpkin and sweet potato, and sauté for about 10 minutes until they soften.
- 3 Add the gulkand and mix well, cooking for an additional 5 minutes.
- 4 Stir in the malai and powdered sugar, blending everything until well combined.
- 5 Cook on low heat, stirring occasionally, for 15-20 minutes until the mixture thickens and the ghee starts to separate.
- 6 Chop the dry fruits and add them to the halwa, mixing them in thoroughly.
- 7 Remove from heat and let it cool slightly before serving warm or at room temperature.