

'Paustik' Dudhi (Lauki) Halwa

Ingredients

2 ½ bowls of finely shredded dudhi

¾ bowlful of brown sugar or *molasses

1 bowl of coarsely ground almonds & walnuts

1 carton *Ricotta Cheese

few drops Chikoo or vanilla essence/extract

1 teaspoon ghee

Pista for decoration (optional if you are worried about your weight!)

Method

1. In a heavy-based pan mix dudhi and brown sugar and cook for 13 minutes stirring continuously – as the sugar melts, the mixture will get thicker – leave this aside
2. In a separate pan, melt the ghee and add the ricotta cheese and cook for 2 minutes breaking it up and stirring it all the time. Add the ground nuts and essence and continue stirring until well mixed – approx 8- 10 minutes
3. Mix the dudhi/sugar mix to the cheese and nuts and mix well
4. Spread this mixture onto a greased tray or thali and sprinkle finely chopped pistachios and let it cool
5. This halwa is tastier eaten slightly warmed up in a microwave or in a non-stick tawa. It is an ideal sweet dish without worrying too much about the fat that is in normal everyday mithai