



Saugus TV What's Cookin with Mona

Sooji ka Halwa (Sweet dish made with semolina) (9 ingredients)

- 1 cup **Sooji** (also known as semolina flour, if you do not have semolina on hand, you can also use cream of wheat or ferina)
- 2 cups **water**
- 1 1/2 cups **sugar**
- 4 to 6 **cardamom pods** (small green cardamom, also known as elachi)
- 1/2 cup **ghee** (also known as clarified butter, you may use any cooking oil in ghee's place if desired)
- 2 tablespoons chopped or slivered **almonds**
- 2 tablespoons shelled chopped unsalted **pistachios**
- 2 tablespoons sliced or shredded **coconut**
- Pinch of **saffron** strands

In a pan, dry roast sooji for about 8 to 10 minutes on medium to high heat until the color turns slightly light brown, stir occasionally. In another pot, put ghee and add almonds and pistachios and sautee for about 3 minutes, then add water, sugar, cardamom, coconut and saffron. Let this mixture heat until the sugar dissolves, but not caramelized. Check on sooji, if lightly brown; add the sugar water mixture to the sooji. Please be very careful at this stage because the contents can splatter. Stir halwa for about 2 minutes and the halwa is ready, plate it and enjoy!

Any questions, please let me know, happy to answer any questions on the dish, method, ingredients, etc!

Mona