

CARROT BARFI

GOES GREAT WITH...

A pot of chai for
a mid-afternoon
treat!



EXTRAS
#46

ALSO WORKS A TREAT WITH...

- Grated sweet potato

RAISE YOUR GAME BY...

Decorating the barfi with silver or
gold leaf!



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CARROT BARFI

It can be tricky to find an authentic dessert to serve after a Curry Legend feast, but here we've got a delicious sweet that's hugely popular across India. Carrot barfi is a very rich, indulgent kind of Indian fudge flavoured with cardamon, and our **METHI BLEND** - with cinnamon, pepper and fenugreek for a sweet caramel flavour - works perfectly here.

Prep
5 mins

Cook
45 mins

Heat


Makes
12

2 large **carrots** - coarsely grated
397g **condensed milk**
30g **desiccated coconut** (or use
finely chopped pistachios)

1 tsp



METHI BLEND

1 Cook the carrot with 1 tsp **METHI BLEND** in a dry pan over a medium heat for 10 minutes (stirring regularly) firstly until any liquid comes out of the carrots, and then until the carrots are thoroughly soft

2 Blend the softened carrot with the condensed milk to a smooth puree. Return to the pan and cook over a low heat for 20 minutes, stirring constantly (particularly at the start to stop it sticking!), firstly until the mixture thickens, and then until all the liquid has evaporated and the mixture forms a cohesive ball around the spoon

3 Leave to cool slightly then roll into 12 small balls and coat in the desiccated coconut

4 Leave in the fridge for at least an hour to firm up (they'll last for a week or two in the fridge so no need to serve them all at once - they're very rich!)