

Free Recipe

Somali Halwa , Dessert

INGREDIENTS

- 4 cups of water
- 2 cups (1 lb) granulated sugar
- 2 cups (1 lb) light brown sugar
- 1 cup cornstarch
- 1 cup ghee/oil
- 1 teaspoon ground cloves
- 2 teaspoon of ground cardamom
- Pinch saffron powder

INSTRUCTIONS

- (1) Bring the sugar and the water to boil.
- (2) Mix cornstarch, saffron and half of cup water, allow it to dissolve
- (3) Add the cornstarch to the mixture.
- (4) Cook the mixture over medium heat while stirring.
- (5) As the mixture turns thick, start adding oil. This might take about 30 minutes.
- (6) Continue adding oil when it sticks to the bottom of the pan.
- (7) Keep stirring until the mixture gets separated.
- (8) When it starts to leave the sides of the pan add cardamom and cloves.
- (9) Put the halwa on a baking sheet.
- (10) Let it cool.
- (11) Cut and serve