KitchenBooQ

Aate Ka Halwa (Wheat Halwa)

Serves: 4 | Cooking Time 50 minutes | Level: Easy



INGREDIENTS

1 cup (120 g) whole wheat flour
3 tablespoons (45 ml) unsalted butter or ghee, plus extra for drizzling
3/4 cup (150 g) granulated sugar
2 cups (480 ml) water
1/2 teaspoon ground cardamom
4 to 6 slivered almonds or pistachios, toasted
a pinch of saffron threads soaked in 1 tablespoon warm milk, optional

Notes
Refrigerate leftovers in an airtight container within 2 hours of cooking; this dish contains dairy and must never be stored at room temperature. It keeps in the fridge for up to 4 days or frozen for 1 month. Reheat gently on the stovetop with a splash of water or milk to restore its creamy texture. The halwa will continue to thicken as it cools, so stop cooking while it is still slightly loose. Ghee provides the most traditional flavor, but unsalted butter works reliably for everyday use.

PREPARATION

1. Heat a heavy-bottomed skillet or kadhai over medium-low heat. Add the whole wheat flour and dry-roast it, stirring constantly with a wooden spoon for about 8-10 minutes until it turns light golden and releases a nutty aroma.

2. Pour in the butter or ghee and continue to cook, stirring frequently, for another 15-20 minutes. The mixture will darken to a deep golden-brown color; do not rush this step as proper roasting is essential for authentic flavor.

3. Carefully pour in the sugar followed by the water. Stir vigorously to break up any lumps and prevent sticking. The halwa will initially become very runny—this is normal.

4. Add ground cardamom (and saffron milk if using). Bring to a gentle simmer over medium heat, then reduce to low. Cook uncovered for 15-20 minutes, stirring every few minutes, until the mixture thickens to a dense, porridge-like consistency and pulls away from the sides of the pan.

5. Remove from heat and let it rest for 5 minutes before serving warm or at room temperature. Garnish with toasted slivered almonds or pistachios and an extra drizzle of ghee if desired.