

SAMVAT KE CHAWAL KA HALWA | VRAT KA HALWA | BARNYARD MILLET PUDDING

SAMVAT KE CHAWAL, also known as sama, swang, or barnyard millet is widely consumed during festivals and fasts because cereal grains are not consumed during fasts. This millet is similar to broken rice when cooked. I have made this delicious and easy halwa for the upcoming "MAHA SHIVRATRI". The recipe is is similar to that of sooji ka halwa.

INGREDIENTS –

1/2 cup – Samvat ke chawal/Barnyard millet
1/2 cup – Jaggery, grated
2 cups – Water
1/2 cup – Ghee/Clarified Butter
2 pods – Cardamom
2 tbsps – Silvered almonds and cashew

METHOD –

GRINDING THE MILLET

Add the millet and cardamom in a mixer jar.
Grind to a fine sooji like consistency, coarse.

Heat ghee in a heavy bottomed pan.
Add the coarsely ground millet and roast in medium flame.
Stir continuously till it turns golden brown, for approximately 10 minutes or less.

MAKING THE JAGGERY SYRUP –

In a meanwhile, take water in another pan and add the jaggery

to it.

Stir and boil the water just as to dissolve the jaggery. Your light jaggery syrup is ready.

Keep aside.

Add the cashews and almonds to the millet and let them roast as well.

Now carefully, pour the jaggery syrup to the roasted millet.

Stir continuously to avoid the formation of lumps.

Keep stirring, till all the water is absorbed and the halwa leaves the sides of the pan.

Serve hot or warm.

NOTES –

Increase or decrease the quantity of jaggery according to your preference.

Add nuts of your choice.

ENJOY:))

HAPPY EATING!!

Hope you liked my recipe.

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