



# Ice Halwa



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## Ingredients:

1 cup Plaine flour  
1 cup Ghee  
4 cups Milk (cool)  
4 cups Sugar  
Few drops rose essence  
2 thick large sheets of clean thick polythene for rolling

## toppings

1/2 tbsp. each almond and pistas sliced very thin  
8-10 cardamoms

## Method:

1. Crush cardamoms seeds coarsely. Keep aside. Grease sheets on one side and keep aside.
2. Mix flour, ghee, milk and sugar in a large heavy pan. Place on high flame, and stir continuously, bring to boil. Reduce flame and go on stirring till a very soft lump is formed. Add rose essence and top with 2 tbsp. ghee. Take off flame and knead (temper) well with a spatula.
3. Place lump between the greased sides of the sheets. Roll evenly as fast as possible. Remove top sheet. Sprinkle all the toppings evenly.
4. Replace sheet and reroll quickly till very very thin. Cut in 4" squares, store in airtight container when cool. Place pieces of butter paper between layers.