

VEGETARIAN CUISINE

Sweets

Carrotella

**PREPARATION TIME:** 15 minutes  
**COOKING TIME:** 35-40 minutes  
**SERVES:** 4-6 people

- 1.2 litre (2 pints) milk
- 450g (1lb) carrots, peeled and shredded
- 200ml (1/3 pint) canned evaporated milk
- 100g (4oz) granulated sugar
- 50g (2oz) raisins
- Seeds of 8 small cardamoms, crushed
- 2 drops rose-water or vanilla essence
- 50g (2oz) chopped blanched almonds
- 50g (2oz) pistachio nuts, chopped

Put the milk into a pan and simmer over a low heat until reduced to 900ml (1 1/2 pints). Add the carrots; cover and cook over a medium heat for 15 minutes. Add the evaporated milk, sugar and raisins. Cover and simmer gently for another 5 minutes. Remove from the heat. Stir in the crushed cardamom seeds and essence and pour into a serving dish. Allow to cool slightly. Sprinkle nuts on the top and serve. On hot summer days, the Carrotella is best chilled.

Carrot Cake

**PREPARATION TIME:** 30 minutes  
**COOKING TIME:** 45-50 minutes  
**MAKES:** 25cm (10 inch) loaf

- 175g (6oz) butter or margarine
- 175g (6oz) brown sugar
- 100g (4oz) granulated sugar
- 2 eggs, well beaten
- 225g (8oz) plain flour
- 7.5ml (1 1/2 tsp) bicarbonate of soda
- 2.5ml (1/2 tsp) baking powder
- 1.25ml (1/4 tsp) ground cinnamon
- 2.5ml (1/2 tsp) salt
- 225g (8oz) peeled carrots, shredded
- 75g (3oz) raisins
- 50g (2oz) chopped walnuts
- 1.25ml (1/4 tsp) small cardamom seeds, crushed
- Icing sugar for dredging

Cream the butter and sugars together. Add the eggs, a little at a time, beating well after each addition. Sieve the flour,

bicarbonate of soda, baking powder, cinnamon and salt together. Fold the dry ingredients into the egg mixture. Add the carrots, raisins, nuts and crushed cardamom. Mix well and pour the mixture into a well buttered 25cm (10 inch) loaf tin. Bake at 180°C, 350°F, Gas Mark 4, for 45-50 minutes, or until a fine metal skewer comes out clean when inserted into the centre of the cake. Cool in the tin for 10-15 minutes, before turning out. Dredge with icing sugar before serving.

Rice Pudding

There are many ways of making a rice pudding, but this is definitely one of the best. It is suitable for serving on any occasion, from everyday meals to smart dinner parties.

**PREPARATION TIME:** 10 minutes  
**COOKING TIME:** 1 hour  
30 minutes  
**SERVES:** 6 people

- 50g (2oz) unsalted butter
- 1 bayleaf, crumbled
- 2.5cm (1 inch) piece cinnamon stick, crushed
- 175g (6oz) pudding rice, washed and drained
- 1.2 litre (2 pints) milk
- 400ml (2/3 pint) canned evaporated milk
- 175g (6oz) granulated sugar
- 50g (2oz) raisins
- 50g (2oz) chopped blanched almonds
- 50g (2oz) pistachio nuts, chopped or cut into slivers
- Seeds of 8 small cardamoms, crushed

Melt the butter in a saucepan and fry the bayleaf and cinnamon for 1 minute. Add the rice and stir well. Add the milk and bring to the boil. Reduce the heat and simmer for 40-50 minutes, stirring occasionally to prevent the rice from sticking to the pan. Add the sugar and evaporated milk, and simmer for a further 20-30 minutes, stirring frequently. Thin layers of light brown skin form on the base of the pan, this is what gives the pudding its rich reddish tinge and flavour. Add the raisins and half the

chopped almonds. Mix well and simmer for a further 5-10 minutes, or until the pudding is really thick. Mix in the crushed cardamom seeds and pour into a serving dish. Decorate with the remaining chopped almonds and pistachio nuts. Serve hot or cold.

Carrot Halva

A delightful sweet from the mysterious East. Serve it hot or cold, with or without cream.

**PREPARATION TIME:** 20 minutes  
**COOKING TIME:** 50 minutes  
**SERVES:** 8-10 people

- 2kg (4lb) large sweet carrots, peeled and shredded
- 900ml (1 1/2 pints) canned evaporated milk
- 750g (1 1/2 lbs) granulated sugar
- 175g (6oz) unsalted butter
- 75g (3oz) raisins
- Seeds of 10 small cardamoms, crushed
- 100g (4oz) chopped mixed nuts (blanched and chopped almonds, cashews, pistachios etc.)
- Single cream

Put the carrots, evaporated milk and sugar into a large solid based pan and bring to the boil. Reduce the heat and cook the carrots gently for 30-40 minutes, or until the milk has evaporated. Add the butter and raisins and stir over a gentle heat for 8-10 minutes, until the Halva is dark and leaves the sides of the pan clean. Add the cardamom seeds and mix well. Pour into a flat shallow dish about 2.5cm (1 inch) deep. Flatten the Halva evenly with a spatula. Sprinkle with the chopped nuts. Serve hot or cold, cut into squares, with single cream.

Potato Pudding

This old-fashioned Oriental pudding has a rich and lovely flavour. It keeps for weeks and can be frozen.

**PREPARATION TIME:** 15 minutes

**COOKING TIME:** 1 hour  
15 minutes  
**SERVES:** 6 people

- 1kg (2lb) potatoes, peeled and shredded
- 225g (8oz) unsalted butter
- 750ml (1 1/4 pints) canned evaporated milk
- 350g (12oz) granulated sugar
- 100g (4oz) ground almonds
- 1.25ml (1/4 tsp) saffron
- 50g (2oz) chopped almonds and pistachios

Wash the potatoes thoroughly and drain them well. Squeeze the potatoes to remove all excess moisture. Put the potatoes, butter and evaporated milk into a large solid based saucepan and cook slowly until mushy. The potatoes will disintegrate into a mashed state as they cook. Add the sugar and stir to dissolve. The mixture will bubble and splatter like bubbling mud from hot springs. Wrap a damp tea towel around your hand and stir the mixture for 20-30 minutes over a gentle heat. Add the ground almonds and saffron. Continue stirring over the heat until the pudding becomes thick, sticky and oily on the surface. Pour the pudding into a shallow dish and decorate with the chopped nuts.

Cabbage Pudding

**PREPARATION TIME:** 10 minutes  
**COOKING TIME:** 40 minutes  
**SERVES:** 4-6 people

- 175g (6oz) finely shredded white cabbage
- 30ml (2 tbslp) pudding rice
- 1.2 litre (2 pints) milk

**Facing page: Carrot Cake (top), Carrot Halva (centre) and Carrotella (bottom).**