

SOJI HALWA

From Philomena Saldanha Ashdown

Also Known As

CREAM OF WHEAT BARS

Course

Yield

Type of Food

Main Ingredient

Dessert

Comments

This is a favorite family recipe, for Tea or "Tiffin" time.

Prep Time

Cooking Time

Ethnic Origin

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Pre-Heat? Yes

Temperature

Grease Pan? Yes

Measure

Ingredient

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1 cup	cream of wheat or fine semolina (called Soji/soojee in the Indian store)	1 dash	salt
1.5 cups	water		
.5 cup	milk		
.75 cup	sugar		
.25 cup	butter or ghee		
1 Tbs.	rose essence		
1 dash	red food color (optional)		
2 Tbs.	slivered almonds		
2 Tbs.	raisins (black or gold or mixed) or currants		

Instructions

Toast the semolina in the oven or in the toaster oven until you get a slight fragrance or until very light golden brown. Remove from hot pan and set aside. In the same roasting pan, add 1 tsp of the butter and toast the raisins until they plump up slightly. Remove, add the almonds to the hot pan and set aside.

In a non-stick pan, heat the remaining butter, water and milk, add sugar and salt and bring to boil, lower flame to very low and add toasted soji, stirring constantly to avoid lumps. When the liquid is absorbed and the mixture has thickened and starts leaving the sides of the pan, remove from the heat and add the rose essence and red color to make the mixture slightly pink.. Pour into a 5/9 pan and garnish with the almonds and raisins. When cool, cut into diamond shapes. The bars will be slightly soft to touch.

The same recipe can followed using vermicelli. Alternatively, you can skip the rose flavoring and use saffron instead. For a variation, sprinkle with crushed cardamom seeds and crushed unsalted pistachio nuts.