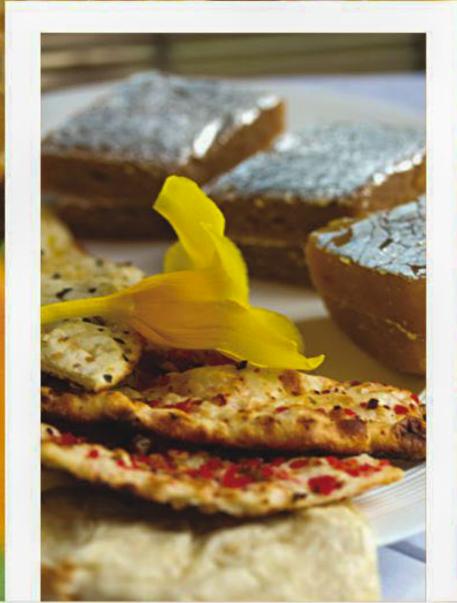


RECIPE



Wholesome halwas

Every time we pop-in a carrot halwa a.k.a 'Gajarer Halwa'; it reminds us about so many things from the sporadic gastronomical ventures in Old Dhaka, to the mouth-watering cookery by mom on Shab-e Barat.

Usually the very mention of this sweet makes us smile unrelentlessly, bringing to mind rewarding images of the sugary, ghee laden, scrumptious treat. Nursing mothers to finicky toddlers are encouraged to have this saccharin comfit to overcome health issues associated with food tantrums to birthing complications. So, Halwas are not just comfort food, it is much more than that; the sugary treat is as much healthy as it is delectable.

If you are considering heritage perspective then there can be nothing more local than a halwa, even with its Middle Eastern heritage. Delving slightly into history will show us that Halwas tentacles extend all over the world, beyond the vicinities of Arab, where it firstly originated.

A confection made of flour, sugar, nuts and



oil, the Halwa travelled to both East and West of the world map through trade and conquest.

Halwas are a very important part of our past. None of us can ever remember a day that this delectable sweet did not make an appearance on our tables at special occasions since



our great grandmothers' days.

So we will not waste another moment before introducing mouth-watering recipes, of the most delectable treat to our readers.

Photo: LS Archive/Sazzad Ibne Sayed



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