

Ingredients

Quantity	Measure	Ingredients	Description
4	Nos	Cardamoms	
2	Teaspoon	Chuna - Chemical Lime	
1	Tablespoon	Lime Juice	
1	Kilogram	Pumpkin, White-Green	Ash Gourd
1	Teaspoon	Rose Water	
750	Grammes	Sugar	
3	Teacup	Water	

Method

- 1) Peel the pumpkin and remove the seeds and the pith. Cut it into large, thick slices. Prick well with a fork, all over.
- 2) Dissolve 1 teaspoon. of lemon juice in water to cover the pumpkin and soak it for 2 hours. Remove the pieces from the water, discard the water and wash the pieces well. Cut pieces into cubes and soak once again in a lot of lime for another 2 hours.
- 3) Drain the pieces and wash thoroughly, squeezing out the water and rinsing it again so that no trace of the lime remains. Boil the water and cook the ash gourd until it is well cooked through and transparent.
- 4) In the meantime, make a syrup out of the sugar, water, lemon juice and cardamoms until one thread consistency.
- 5) Keep the syrup warm and when the ash gourd pieces are cooked through, lift them out with a slotted spoon and transfer them into the syrup. Simmer for a couple of minutes, shut off the heat and add the rose water and mix well.

Alternate Recipe**Ingredients:**

- 1 kg White Pumpkin (firm)
- 2 tsp Calcium Hydroxide (kitchen lime)
- ½ tsp Alum Powder (Fitkari)

- 3 drops Screwpine Essence (Kewra)
- 800 gm Sugar
- 1 tsp Rose Water
- 2 cups Water

How to make Petha:

#Dissolve alum powder in water ($\frac{1}{2}$ cup) and keep it aside.

#Dissolve kitchen lime in 1 litre water, strain with a clean cloth twice if required, and keep it aside.

#Wash, peel and deseed the pumpkin. Cut it into 25 mm. (1") squares and prick each piece with a fork all over.

#Soak the pieces in lime water for 30 minutes.

#Drain the lime water and wash the pieces thoroughly under clean running water for 2-3 minutes.

#Put the pumpkin pieces in a bowl. Pour alum water on the pieces and shake the bowl so that all the pieces get evenly coated.

#Drain the alum water. Take sufficient amount of water in a heavy bottomed pan and boil the pumpkin pieces till they become soft and transparent.

#In the meantime, make syrup of sugar and water of 2 thread consistency.

#Put drained pumpkin pieces in the sugar syrup and boil till syrup becomes thick again.

#Turn off the flame and take out the pieces.

#Keep covered the syrup with a mesh, overnight.

#Again boil the syrup and add the pieces. Cook it for 3-4 minutes and turn off the flame. Let the pieces cool.

#Now sprinkle Kewra and rose water over the pieces. Allow petha to cool completely.

Refrigerate it. Petha is ready to serve.