

heute gibt es...

Muhallabia



Ingredients: (For 6 persons)

For the pudding:

- 30g rice flour
- 750ml milk
- 1 pinch salt
- 50g sugar
- 80g ground almonds
- 1 tbsp rose water

For the decoration:

- pomegranate(seeds)
- pistachios
- almonds

Preparation:

1. First of all, rice flour, salt and sugar are mixed with one part of the milk (about 185 ml) and the rest of the milk is let boiled in a cooking pot.
2. When the milk boils, stir in the milk-flour-salt-sugar mixture and bring it to a boil, stirring constantly over medium temperature.
Until the mixture raises small bubbles and may take some time but ☐ case remain patient and do not turn the temperature is higher, otherwise nothing with the right consistency.
3. When the mixture has boiled, reduce the temperature even further and simmer, stirring constantly for about five minutes.
4. Subsequently, fold in the ground almonds until the mixture is smooth.
5. Then add the rose water, stir and remove the pan from the heat.
6. Now let the pudding cool a bit in the pot, occasionally stir a little.
Afterwards you can fill it in small dishes or leave in a large bowl and let it cool.
7. The pudding can be eaten cold or hot, both very tasty! Pistachios and pomegranate seeds fit very well as decoration, but you can also omit ☐ I personally feel that it is very delicious tastes just with the pomegranate seeds, they are not as sweet and give the whole a little "freshness".