

Mahalabia

Ingredients

3 cups milk
3/4 cup white sugar
1 cup cold water
6 tablespoons cornstarch
1 cup heavy whipping cream
1 tablespoon rose water
2 cardamom pods, crushed

Pistachio & Pomegranate syrup to garnish

Instructions

STEP 1

Combine milk and sugar together in a saucepan; bring to a boil.

STEP 2

Whisk water and cornstarch together in a bowl until smooth; stir into boiling milk. Cook milk mixture over medium heat until thickened to the consistency of cake batter, 15 to 20 minutes.

STEP 3

Remove saucepan from heat and stir cream, rose water, and cardamom into the mixture.

STEP 4

Refrigerate milk mixture until completely cooled, 2 to 4 hours.

STEP 5

Serve into small bowls, sprinkle with chopped pistachio and drizzle with some pomegranate syrup

THE
COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

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