



## MILK PUDDING (MUHALABIEH)

Milk is rich in calcium and good for your bones.  
Pistachios are an excellent source of healthy fats, fiber, and zinc. Orange blossom water relaxes you and helps your skin.

## INGREDIENTS

Milk, Cream  
Sugar, Corn Starch  
Orange Blossom Water  
Pistachio

You need:  
Large saucepan, bowl  
ladle, wooden spoon,  
serving cups

# METHOD

1. Place corn starch in a bowl and gradually add little cold milk while stirring until dissolved and a lump-free emulsion forms (equal tablespoons should work).
2. In a large sauce pan or heavy pot bring remaining milk to boil over medium heat stirring all the time to avoid burning.
3. Reduce heat and simmer for about 5 minutes then add sugar while stirring and make sure it is dissolved.
4. Increase heat to medium and bring milk to boil.
5. Stir the corn starch liquid to homogenize, gradually add to the simmering milk whisking constantly.
6. When mixture begins to thicken, add the cream.
7. Whisk again until mixture thickens and begins to bubble
8. Add orange blossom water and bring back to boil while whisking. Mixture must be thick and bubbly.
9. Remove from heat, transfer contents smaller serving bowls/cups using a ladle. Be careful.... It is very hot!!
10. Allow to cool completely. When the pudding is almost at room temperature, refrigerate for at least 8 hours or overnight before serving.
11. Garnish with provided pistachios

**Great Job,,,,, You Are All Set for Lovely  
Dessert with Family**