

# Mahalabia



*Mahalabiya is a sweet dessert made of milk and sugar, and thickened with cornstarch then laced with rose water or orange blossom water.*

*The milk custard can be garnished with with ground pistachio and almonds, walnuts and figs or cinnamon, raisins and shredded coconut depending on preference.*

Serves: 6

## **Mahalabia**

3 cups Milk  
¾ cups Sugar  
½ cup Cold Water  
7 tbsp Cornstarch  
½ tsp Rose Water

Pinch cardamom powder  
1 cup Thick Cream  
3 dried figs  
½ cup pistachios  
½ pomegranate

1. Over a medium heat, warm milk and sugar. Stir continuously and do not boil.
2. Mix cold water with cornstarch in a small bowl until there are no lumps.
3. Whisk cornstarch mixture into milk and sugar and stir continuously until thick.
4. When thick turn off the heat and add rosewater, crushed cardamom and thickened cream.
5. Divide into 6 serving bowls and set in fridge (freezer if you are short of time).
6. Garnish each individual serve with sliced fig and chopped pistachios and fresh pomegranate seeds..