

Muhallebi (Le pudding oriental) |

Recipe for 12 tapas



Description

Muhallebi is a traditional Turkish dessert, also popular in other Middle Eastern and Mediterranean countries.

Note

You can change the flavours in this recipe, be careful with the dosages.

Ingredients

Oriental pudding

- 1 Liter(s) Milk
- 100 Gr Sugar
- 60 Gr Cornstarch
- 1 Tbsp Vanilla extract
- 1 Tsp Orange blossom water
- 20 Gr Pistachios

Honey oranges

- 6 Unit(s) Orange
- 2 Tbsp Honey
- 0.50 Tsp Cinnamon

Preparation

- Preparation time **90 mins**
- Resting time **60 mins**

Preparation

Cut off the top and bottom of your orange.

Place your orange upright on the cutting board. Starting at the top of the orange, guide your chef's knife to the base, curving the knife to follow the shape of the fruit. Continue around the orange until all the peel and pith are removed. If there is any white skin left on the outside of the orange, go back around and slice it off.

Once the skin is removed, you will be able to see the membranes between each orange wedge. Use a paring knife to slice along the inside of the membranes.

Remove the orange segments and place them in a bowl and mix with the honey and cinnamon.

pudding

In a saucepan, combine milk, sugar and cornstarch until sugar is dissolved and cornstarch is well incorporated.

Heat the mixture over medium heat, stirring constantly, until it thickens and bubbles to the surface (this will take about 10-15 minutes). Be careful not to let the bottom of the pan burn.

Remove the pan from the heat and stir in the vanilla extract and orange blossom. Mix well.

Pour the mixture into individual ramekins.

Let cool at room temperature for 10 to 15 minutes, then cover ramekins with plastic wrap and refrigerate for at least 1 hour.

Finish, assembly

Just before serving, garnish with chopped pistachios and a drizzle of honey

Bon appétit!