



## Semolina Dessert

Very popular in the Middle East.  
This version is our favorite.

**Nutrition Facts Per Serving:** Calories 773, Protein 11g, Carbs 112g, Fat 34g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 5 min, **Cooking Time:** 20 min



## INGREDIENTS

Semolina

Sugar

Orange Blossom Water

Ghee

Pine Nuts

Lemon

# METHOD

1. Sugar Syrup: Combine sugar & water\* in a saucepan, bring to boil over med-high heat. Stir to dissolve sugar. Add lemon slice, reduce heat to low & simmer 5 min. Add orange blossom water & stir to combine. Remove from heat & cool to room temperature. Discard lemon slice.
2. Place a large saucepan over medium heat. Add ghee, melt and heat through.
3. Toast garnish nuts in ghee until light golden, remove.
4. Reheat the ghee, then add semolina and remaining nuts, stir to combine with ghee for 1 minute.
5. Reduce heat to low & keep stirring all the time for 15 minutes or until nuts are lightly browned.
6. Increase heat to med-high, then add syrup being careful as it will splatter, stir well to combine, when bubbly, reduce heat to very low and cover immediately.
7. Simmer for about 2 minutes. Make sure mixture doesn't stick.
8. Uncover & stir through. The texture should be similar to mashed potato but a bit grittier. If too dry add little water & stir again.
9. Remove from heat & cool to room temperature. Then spoon in serving plate & garnish with toasted nuts.

**\*Water measure: Use 250ml for 2 persons, 500 ml for 4 and 750 ml for 6 persons.**

BON APPETIT

