



## **Malabi Milk Pudding**

*Sweet-scented traditional Israeli milk pudding*

2 cups milk or unsweetened almond milk, room temperature

1/3 cup granulated sugar

2-1/2 Tablespoons cornstarch

1/8 cup cold water

1/2 teaspoon orange flower blossom or rosewater

1/2 teaspoon almond extract

### **Topping: as desired**

blueberry or favorite fruit jelly, jam, or light syrup

shelled pistachio nuts

wild blueberries, wild strawberries, raspberries

small spring flower sprigs

**Before Starting:** 3 (3/4 to 1 cup) dessert glasses or bowls

**Dissolve Sugar:** Place milk and sugar in medium-sized saucepan; cook over medium-to-medium high heat until mixture comes to a boil; stir frequently; reduce the heat.

**Add Cornstarch:** In a small bowl, stir cornstarch and water until dissolved. Whisk cornstarch mixture into the hot milk. Stirring constantly, cook milk mixture over medium heat until the pudding thickens about 5 to 7 minutes.

**Add Flavor:** Remove from heat, stir in orange flower blossom or rosewater and almond extract. (See Cook's note for substitutions)

**Chill in Refrigerator:** Spoon into dessert glasses or small bowls. Chill several hours or until firm in the refrigerator.

**To Serve:** Lightly spoon fruit jelly or syrup over the top of pudding; garnish with nuts and/or small berries. Garnish with small sprig of flowers.  
Yield: 3 small desserts

**Cook's Note:** I used an orange bakery emulsion in place of the orange flower water. If you do this, use only half of the amount of flavoring. I also used unsweetened almond milk. Using almond milk, the pudding had a light creamy texture. If you want a thick creamy pudding, use whole milk or creamy coconut milk. If you want to make more desserts, double this recipe.

**Recipe Inspired by:** Grapevine – For More Information See:  
<https://www.fromthegrapevine.com/israeli-kitchen/recipes/how-make-malabi-milk-pudding>

**About the Recipe:** The recipe takes about 10 minutes to prepare, and the creamy texture depends on the type of milk used in the recipe. It has a mild orange flavor and can be topped with jelly or a light syrup. You can creatively garnish it with your favorite small fruits and nuts.

### **What is Malabi and why is it a comfort food?**

This is a milk pudding that is common throughout the Middle East, and in Israel it's one of the national desserts. Since it only requires a few ingredients, it's easy to prepare. Usually, it is flavored with rosewater or orange blossom water. It has a fresh, light flavor and is a common street food.

Pudding is one of those comfort foods that brings warm feelings, happy memories, and seems to be full of love.