

HALVAS

Semolina pudding



Ingredients

For the halva

0,5 cup olive oil
1 cup semolina
0,5 cup blanched almonds

For the syrup

1,5 cup sugar
2 cups water
2,3 cloves
1 cinnamon stick
little orange rind

Preparation

1. Boil water adding all ingredients for 3-4 minutes. Leave aside to cool.
2. In saucepan sauté the semolina in the olive oil until light brown.
3. Remove from heat and pour in the warm syrup and almonds.
4. Stir in low heat until the syrup is being absorbed.

5. Remove from heat and cover the saucepan with a clean towel. Leave it until it is cool.
6. Place the pudding in a mould to take its form.
7. Sprinkle with ground cinnamon. My mother used to serve it in a platter using the ice cream scoop.

Notes

Semolina flour is finely ground endosperm of durum wheat, it contains the nutritious heart of the grain. It contains lots of vitamins and minerals and is ideal for a healthy diet. The origin of the word comes from ancient Greek. Halvas is perfect for fasting days as it contains no fat.