

Muhallabia (Bahrain)

Rose & cardamom milk pudding • Serves 4–6 • ~15 min + chilling



Photo: Lambros

Ingredients

- 600 ml milk (or 300 ml milk + 300 ml cream for extra richness)
- 3–4 tbsp cornstarch (maizena)
- 3–4 tbsp sugar (to taste)
- ½ tsp ground cardamom (or 6–8 pods, crushed; strain later)
- Pinch of salt
- 1–2 tbsp rose water (start with 1 tbsp)
- Optional: pinch saffron (steeped in 1 tbsp hot milk/water)
- Toppings: chopped pistachios/almonds, toasted coconut, cinnamon

Steps

1. In a small bowl, whisk cornstarch with 150 ml of the milk until completely smooth.
2. In a pot, heat the remaining milk with sugar, cardamom, and salt (and saffron if using) until steaming—not boiling.
3. Whisk in the cornstarch slurry. Cook on medium, whisking constantly, 3–5 minutes until thick and glossy.
4. Remove from heat. Stir in rose water (taste and add a little more if you want it stronger).
5. Pour into small bowls or a shallow dish. Cool to room temperature, then chill 2–3 hours until set.
6. Top with pistachios/almonds (and a tiny extra splash of rose water if you like).

Notes

- Rose water varies a lot by brand—start small; you can always add more.

- If using cardamom pods: simmer them gently in the milk, then strain before adding the cornstarch slurry.
- Keeps 2–3 days refrigerated. Cover so it doesn't absorb fridge smells.