HALAWET EL-SMEED

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ingredients
Halawet El Smeed (Semolina Pudding):

- 3 cups whole (3.25%) milk
- 1 cup heavy (35%) cream
- ¾ cup fine semolina flour
- ¼ cup granulated sugar

- ½ tsp mastic gum powder
- 1/3 cup shelled pistachios, ground, for serving
- 3 tbsp dried edible rose petals (or preserved cherries), for garnish

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Syrup:

- 2 cups granulated sugar
- 1½ cups warm water
- 1 tbsp fresh lemon juice
- 1 tbsp rose water (or orange blossom water)

instructions

1. In a pot, combine the milk and cream. Bring to a boil on medium-high heat, then reduce the heat to medium. Whisk in the semolina flour and sugar until well combined; continue whisking until the mixture thickens and starts to bubble, 8 to 10 minutes. Dip a large spoon into the mixture and then run your finger over the back of the spoon; if the mixture holds, then it is ready. Whisk in the mastic gum powder and cook for 1 more minute.
2. Divide the pudding evenly among individual dessert bowls (or pour into a 9-inch pie pan). Let cool for 45 minutes, and then cover with a plate or plastic wrap (if using plastic wrap, make sure the wrap doesn't touch the top of the mixture). Refrigerate for at least 3 hours if serving in individual dessert bowls (or 6 hours if serving in a pie pan).
3. To make the syrup, combine the sugar and the water and whisk until substantially dissolved. Cook over medium-low heat, stirring occasionally, until sugar has completely dissolved, and the mixture is boiling, about 12 minutes. Stir in the lemon juice. Remove the pan from the heat and set aside to cool.
4. In a bowl, whisk together the room-temperature syrup and orange blossom water (or rose water) until well combined.
5. To serve, sprinkle pistachios overtop of the pudding, garnish with the rose petals, preserved cherries, or your choice of garnish, and drizzle with the syrup.