



Recipes by
THE TURQUOISE SCARF

MUHALLABIA

Rose & Pistachio Milk Pudding

Silky • Fragrant • Elegant • Timeless

CREAMY • LIGHT • COMFORTING • HALAAL



A delicate Middle Eastern milk pudding infused with rose water and vanilla, topped with crunchy pistachios and fragrant rose petals. A beautiful dessert for Ramadan, Eid, family gatherings, or a quiet evening of slow living.



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah,
the Most Merciful, the Most Compassionate.



INGREDIENTS

FOR THE MUHALLABIA

- 4 cups full-cream milk
- ½ cup white sugar
- 5 tbsp cornflour (cornstarch)
- ¼ cup cold milk (for mixing the cornflour)
- 1 tsp vanilla extract
- 1 tbsp rose water
- Pinch of salt

FOR THE GARNISH

- ¼ cup pistachios, finely chopped
- Dried edible rose petals
- Honey (optional drizzle)
- Ground cinnamon (optional)



DIRECTIONS

FOR THE MUHALLABIA

- In a small bowl, mix the cornflour with the cold milk until completely smooth.
- Pour the remaining milk into a saucepan and add the sugar and pinch of salt.
- Heat gently over medium heat, stirring occasionally until the sugar dissolves.
- Slowly whisk the cornflour mixture into the warm milk.
- Continue stirring constantly until the mixture thickens and coats the back of a spoon (approximately 8–10 minutes).
- Remove from the heat and stir in the vanilla extract and rose water.
- Pour into individual dessert glasses or serving bowls.
- Allow to cool slightly before refrigerating.
- Chill for at least 4 hours, or overnight, until fully set.
- Before serving, garnish generously with pistachios and rose petals.

TO SERVE

Serve chilled with Arabic coffee, mint tea, fresh berries, or dates.

وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

And eat and drink, but do not waste. Indeed, He does not like the wasteful ones. (Qur'an 7:31)

STORAGE

Store covered in the refrigerator for up to 4 days.

Best served cold.



SERVES
6–8



PREP TIME
15 mins



COOK TIME
15 mins



CHILLING TIME
4–6 hrs



DIFFICULTY
Easy



DIETARY INFO
Halaal • Vegetarian
• Gluten-Free

Tip from The Turquoise Scarf

For an extra luxurious Muhallabia, replace 1 cup of milk with fresh cream and add a few drops of orange blossom water alongside the rose water.

SERVING SUGGESTIONS

- Fresh strawberries
- Arabic coffee
- Mint tea
- Dates and nuts platter
- Honey-drizzled baklava

VARIATIONS

SAFFRON MUHALLABIA
Infuse the milk with a pinch of saffron strands.

COCONUT MUHALLABIA
Replace 1 cup of milk with coconut milk.

CARDAMOM MUHALLABIA
Add ½ tsp ground cardamom while heating the milk.

CHOCOLATE MUHALLABIA
Whisk in 100g melted dark chocolate before pouring into serving dishes.

