



Malabi

SERVES 4

Malabi is a traditional Middle Eastern dessert made from fresh milk. It possibly originated in Turkey, but it has become a trendy street food in Israel, and is sometimes eaten to break the fast on Yom Kippur. I learned to make it with Chef Nir in Tel Aviv and although it is traditionally made with milk, we added coconut milk for some nutty flavor, as well as a splash of rose water. Each time I enjoyed malabi in Israel it was topped with sweet strawberry sauce, so that's what we do here. But it's also refreshing with honey, nuts, pomegranate, orange segments, or whatever suits you. It keeps in the refrigerator for 4 or 5 days, making it a great snack whenever you need a milky treat.

INGREDIENTS

MALABI:

3 tablespoons cornstarch

1 cup whole milk

1 cup coconut milk (not light)

1/2 cup sugar

1 tablespoon rose water (optional)

GARNISH:

1 pint strawberries

1/2 cup sugar

4 tablespoons toasted pistachios, chopped

PROCESS:

Malabi:

Make pudding by whisking cornstarch with 1/4 cup of the milk in a large saucepan until you've made a smooth paste. Add remaining milk, coconut milk, and sugar and heat gently over medium heat. Bring to a simmer, whisking frequently. When mixture has thickened, take off heat, stir in rose water (if using), and pour into six individual bowls or martini glasses. Cover the top of each bowl with plastic wrap (plastic wrap should touch the surface of the pudding to prevent a skin from forming). Place in the refrigerator and chill for at least 2 hours until set.

Topping:

Chop the strawberries and place in a saucepan with the sugar. Add a tablespoon of water and cook over medium heat until sugar dissolves and berries have created a thick syrup. Remove from heat and cool for 15 minutes or more. Place in a small food processor and blend until smooth. When puddings are set, pour strawberry sauce over each one and top with pistachios.