

Halva

Halva is a rich and decadent dessert, with many different varieties enjoyed across the Middle East. In Iran, it is made with wheat flour, infused with delicate notes of rosewater and saffron. Halva is traditionally served at celebrations and ceremonies.

-  30 minutes
-  Difficulty level: 2/5
-  6 people
-  Vegan option



Ingredients

- 1 cup sugar
- 2 cups water
- ½ cup rosewater
- 1 ½ cups flour
- 250g chilled, unsalted butter, chopped into 1cm cubes
- 3 tbsp saffron infusion
- 1 tbsp ground pistachio
- 1 tbsp slivered pistachio
- 1 tbsp slivered almonds

VEGAN: replace butter with 250ml of a neutral cooking oil like sunflower

Method

1. Mix the water with the sugar, saffron infusion, and rosewater in a large saucepan over a medium heat. Stir occasionally while bringing the syrup to the boil. Once it's boiled, remove it from the stove.
2. Sift the flour into a deep pan and place on a high heat until the flour changes colour slightly to a light yellow. Then, add the butter to the pan and mix over the heat to form a thick roux.
3. Add the syrup to the flour and butter mixture slowly, one ladle at a time. Keep stirring constantly with a spatula until you have a soft, thick, gooey mixture.
4. Empty the mixture into your serving bowl. If you like, you can add some patterns with the back of a spoon. Sprinkle the ground pistachios, slivered pistachios, and sliced almonds in three stripes, as a topping.
5. Halva can be enjoyed warm or at room temperature, so you can prepare it the night before, or serve straight after cooking.