



What is Halawiya Desert

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This delicious kind of desert is usually a winter dish. It is from the Hejaz Area (west of Saudi Arabia). People from Jeddah, Makkah & Madina are used to having it for dinner with bread.

Ingredients:

- 2 cups of wheat
- 1 cup of milk
- 1 cup of water
- 1 cup of sugar.
- ½ Cup of crisco or vegetable oil.
- 4 crushed pieces of cardamom



Recipe:

1. Pour the crisco or the oil in a pan and add the crushed cardamom to it. Light the fire till it barely bubbles.
2. Add the wheat using a spoon and keep on stirring on fire till the whole thing mixes up and turns to be of light brown color.
3. Add the milk slowly. And keep on stirring. The mixture will be a little bit less thick.
4. Mix the water with the sugar, then slowly add it to the brown mixture of wheat, and keep on stirring it and mixing it till you find a desired thickness.
5. Once the mixture starts losing up remove it from the fire.
6. You can add some nuts to get a new flavor to it.
7. Served warm with bread.