

Semolina pudding

1 cup coarse semolina

Almonds, sultanas, dried fruit to taste

1 cup sugar (to taste)

3 cups milk

2 tbsp ghee/unsalted butter

In a heavy based non-stick pan add the ghee on a low heat.

Stir in the semolina and roast on low heat, stirring constantly until it changes in colour to light brown.

Add the milk carefully (it bubbles up) and keep stirring.

Add the sugar to taste.

Add the dried fruit and nuts.

(To change the consistency you can add more/less milk as you want)

Shared by Harjinder Kaur, Community Leader, on behalf of one of the members from the Satrang Peer Support Group, Wolverhampton