



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Milk Pudding with Pistachio and Almond

Keşkül



1 cup almond  
6 cups milk  
2 tbsp rice flour  
1 + 1/2 cup granulated sugar  
1/2 tsp salt  
Pistachio  
Coconut

- # Rest the almonds in boiling water for about 2-3 minutes, and remove their inner skin.
- # Put 1 cup milk into a small pot and warm it up.
- # Meanwhile blend the almonds at first, then pound and soften it completely with warm water.
- # Drain the softened almonds finally.
- # Put the cold water in a separate pot and dissolve the rice flour in it, add sugar in it.
- # Place the pot over medium heat, add salt and mashed almond in it.
- # Cook by stirring constantly until it reaches to a consistency which is thicker than milk pudding.
- # Remove from the stove, fill into the bowls, after cooling it down at room temperature, refrigerate for about 1-2 hours.
- # Garnish the surface with pistachio and coconut and serve.

**Note:** Milk pudding with pistachio and almond is a recipe of Ottoman Cuisine and it is also so popular.