

Aish el Saraya Recipe

Ingredients:

For the Bread Pudding:

- 6 slices of white bread, crusts removed
- 1 cup of milk
- 1/4 cup of sugar
- 1/4 cup of unsalted butter
- 1 teaspoon of vanilla extract
- A pinch of ground cinnamon (optional)
- A pinch of ground cardamom (optional)

For the Cream Layer:

- 2 cups of heavy cream
- 1/2 cup of sugar
- 1/4 cup of water
- 1 tablespoon of rosewater (adjust to taste)
- 1 tablespoon of orange blossom water (adjust to taste)

For Garnish:

- Chopped pistachios
- Slivered almonds

Instructions:

Prepare the Bread Pudding:

- In a saucepan, heat the milk over low heat until it's warm but not boiling.
- In a separate saucepan, melt the butter over low heat. Add the sugar, vanilla extract, and optional ground cinnamon and cardamom. Stir until the sugar is dissolved.
- Tear the crustless bread slices into small pieces and place them in a mixing bowl.

- Pour the warm milk over the torn bread and let it soak for a few minutes.
- Add the butter and sugar mixture to the soaked bread and mix well until you have a smooth pudding-like consistency.
- Transfer the bread pudding mixture to a serving dish or individual dessert bowls, pressing it down gently to create an even layer. Allow it to cool while you prepare the cream layer.

Prepare the Cream Layer:

- In a saucepan, combine the heavy cream and sugar. Heat the mixture over low heat, stirring continuously until the sugar is fully dissolved and the mixture starts to thicken.
- Add the rosewater and orange blossom water to the cream mixture. Adjust the amount to your taste preferences. Continue to simmer for a few more minutes.
- Once the cream mixture has thickened to a custard-like consistency, remove it from the heat and let it cool slightly.

Assemble Aish el Saraya:

- Pour the cream mixture over the cooled bread pudding layer, ensuring an even distribution.
- Smooth the cream layer with a spatula, creating a clean and even surface.

Garnish and Chill:

- Sprinkle chopped pistachios and slivered almonds on top of the cream layer for a delightful crunch and visual appeal.
- Cover the dish or individual bowls and refrigerate for at least 2-3 hours, or until the dessert is thoroughly chilled and set.

Serve:

- Aish el Saraya can be served chilled in individual portions or scooped onto dessert plates.
- Garnish each serving with extra chopped pistachios and slivered almonds if desired.