Manuka Honey and Rose Milk Puddings

EASY • 20 MINS

Creamy, jiggly, and oh-so-sweet. Rose puddings are a classic dessert enjoyed by the whole family. We've added Active Manuka Honey to this recipe and topped it with pistachio crumble for extra crunch.



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	10 mins	10 mins	4-6

Ingredients

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

Manuka Honey Pudding

- 3 cups full-cream milk
- ¾ cup thickened cream
- ¼ cup Capilano Active Manuka Honey
- ½ cup cornflour
- ¼ tsp ground cardamom
- 2 tsp orange blossom water (or ½ tsp orange zest)

Rose Syrup

- 1/2 cup caster sugar
- 1/4 cup rose water or 1 tsp rose water essence
- 1/4 cup water
- 2 tsp corn flour
- Pink food colouring

Pistachio Crumble

- 10g unsalted butter
- 100g unsalted pistachios finely chopped
- 1 tablespoon caster sugar

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees* this special blend of Australian Manuka and floral honey is independently tested and certified to contain a minimum of 30mg of Methylglyoxal (MGO), the key compound that makes Manuka so special. The higher the MGO, the more potent the honey's activity.

Delicious Taste
Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Method

1. Prepare rose syrup by combining sugar, rosewater, water, and corn flour in a small saucepan over medium heat. Stirring constantly, bring to the boil, then lower heat to a simmer and cook until the mixture is reduced by half (approx. 5 minutes).

2. Remove from heat, add pink food colouring to desired shade and stir well. Set aside to cool.

3. Combine milk, Capilano Active Manuka Honey, cream, and cornflour in a saucepan, whisk (off the heat) until well combined and dissolved.

4. On medium heat and whisking constantly, bring mixture to a boil. Reduce heat and simmer until mixture thickens and coats the back of the spoon (approx. 6-8 minutes).

5. Remove from heat and add cardamom and orange blossom water, stirring to combine. Set aside to cool for 5 minutes, then pour into 4 large or 6 small serving glasses or pudding moulds. Cover with cling wrap and chill for 30 minutes.

6. Just prior to serving, melt butter in a small frypan and add the pistachios. Toss in the butter until pistachios toast and become fragrant, then add the sugar and stir until the mixture is lightly caramelized. Remove from heat and set aside until ready to serve.

7. To assemble, either remove pudding from moulds by gently inverting and tapping or leave as-is in glasses. Gently spoon rose syrup over the top and finish with pistachio crumble.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!