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.

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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



Floral Manuka Honey

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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.

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