

Chalva (Halva)



photo by Noumenon

INGRIDIENTS

- 1 cup of MANI Bläuel extra virgin olive oil
- 2 cups of coarse semolina
- 3 cups sugar (we recommend Rapadura)
- 4 cups of water
- Optional: spices (cloves, cinnamon, orange zest....)

PREPARATION

Heat water, sugar and spices in a saucepan and let boil for 5-10 minutes, until a syrup is formed. Meanwhile, in another pan, heat olive oil and add the semolina. Sauté lightly until it is a light golden brown, stirring constantly with a wooden spoon.

Add the slightly cooled water and sugar syrup. Bring to a boil and simmer for about 5 minutes.

Remove from the heat and cover with a tea towel and leave to 'rest' for a further 15 minutes.

Place the cooked chalva in a mould.

Leave to cool completely before turning out onto a plate for serving.

Decorate with chopped nuts or cocoa powder.

Mani Tipp: At the point of simmering almonds or chopped walnuts can be added to the pastry.



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Upon publication of a recipe we are looking forward to receiving a copy.

Source: Mani Bläuel

For more information, visit www.mani-blaeuel.de/en

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