

# Desserts of the World: Pakistan

Presented May 21, 2019, by Abida Chaudhry

## Sooji (Semolina) Halwa (Sweet)

### Ingredients

½ cup ghee (clarified butter)  
3-4 green cardamom pods  
¾ cup semolina  
1 ¼ cup sugar  
3 cups water  
½ teaspoon yellow food coloring (optional)  
Dried fruits and nuts

### Directions

1. In wok, heat ghee and add green cardamom pods. Sauté for 1 minute.
2. Add semolina to the wok. Roast on medium-to-low flame until the semolina turns golden brown and becomes fragrant.
3. Add sugar and mix well.
4. Add water and yellow food coloring, if using, and mix. Cover and cook on medium-to-low flame for 3-to-4 minutes.
5. Simmer 1-to-2 additional minutes on low flame.
6. Garnish with dried fruits and nuts and serve.



## Mango Trifle

### Ingredients

2 small (3.4 ounce) boxes or 1 large (5.1 ounce) box of vanilla instant pudding  
1 15-ounce can of Del Monte diced mangos, or 2 fresh ripe mangos  
1 pound cake or vanilla cake  
1 small box (2.8 ounce) mango-flavored Jell-O\*  
4 cups prepared whipped cream

### Directions

1. If using fresh mango, dice fruit into ½-inch cubes.
2. Cut cake into bite-size, 1-inch pieces.
3. Prepare instant pudding as directed on box; refrigerate to set.
4. Prepare mango-flavored Jell-O; refrigerate to set. Then cut into small cubes.
5. In a glass trifle bowl, place a layer of cake cubes. Spread a layer of pudding over the cake cubes, then add layers of Jell-O and mango fruit. Spread a layer of whipped cream over the mango.
6. Repeat the layers in step 5, finishing with a layer of whipped cream. Add a few pieces of fresh mango to garnish.
7. Refrigerate until ready to serve.



\*Mango-flavored Jell-O is hard to find in Fond du Lac. It can be found in Indian/Asian food stores in metro areas or online.