



Pistachio and Rose Red Velvet Halva

15'

Hands on

8 hours'

Hands off

20'

Cook Time

10

Portion(s)

2

Difficulty



Ingredients

- 100 g butter, melted + extra for spreading
- 140 g water + 250 g water (separate)
- 160 g cornstarch
- 400 g sugar
- 1 teaspoon [red food coloring paste](#)
- 2-3 tablespoons rose water
- 50 g pistachios, shelled + some extra for serving
- ½ teaspoon cardamom powder
- icing sugar, for sprinkling

Method

- Grease a 23 cm diameter [round pan](#).
- Place 140 g water in a bowl and add the cornstarch. Stir until the cornstarch dissolves.
- Pour the rest of the water in a [pot](#). Add the sugar and boil over medium heat until the sugar dissolves. Add the water-cornstarch mixture whisking continuously. The mixture will look like wood glue.
- Add the [food coloring paste](#). Stir slowly adding the melted butter until the cornstarch is cooked and the mixture has a transparent and velvety texture.
- Add 2 tablespoons rose water, the pistachios, and cardamom. Stir, taste to see if you need to add the 3rd tablespoon rose water.
- Spread the mixture in the baking pan.
- Sprinkle some pistachios on top (slightly crumbled) and press so that they stick on the surface.
- Allow 8 hours or a night so that the dessert comes to room temperature. Sprinkle with icing sugar and serve.

Tip

You can also serve it cut in small bites.

Διατροφικός πίνακας

Nutrition information per portion

320 Calories (kcal)	11.0 Total Fat (g)	3.8 Saturated Fat (g)	54.0 Total Carbs (g)
16%	16%	19%	21%
40.0 Sugars (g)	1.2 Protein (g)	0.7 Fibre (g)	0.48 Sodium (g)
44%	2%	3%	8%