



# 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
- 390 g water, 140 g + 250 g separate
- 160 g corn starch
- 400 g granulated sugar
- 1 teaspoon(s) [red food coloring paste](#)
- 2-3 tablespoon(s) rosewater
- 50 g pistachios, shelled + some extra for serving
- 1/2 teaspoon(s) cardamom, powder
- icing sugar, for sprinkling

## 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%

## 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 3<sup>rd</sup> 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.