



# Grape Must Pudding

**20 minutes**

Hands on

**8-10**

Portion(s)

**1**

Difficulty



## Ingredients

- 1200 ml [grape must](#)
- 3 tablespoons all-purpose flour
- 3 tablespoons corn starch
- 1 teaspoon rosewater
- coarsely chopped walnuts, for serving
- ground cinnamon, for serving

## Διατροφικός πίνακας

Nutrition information per portion

376 Calories (kcal)	4.4 Total Fat (g)	0.65 Saturated Fat (g)	74.0 Total Carbs (g)
19%	6%	3%	29%
65.0 Sugars (g)	4.0 Protein (g)	5.9 Fibre (g)	0.01 Sodium (g)
72%	8%	23%	0%

## Method

- Set aside 1 cup of grape must in a bowl. Use about 1 tablespoon flour for each cup of grape must.
- Add the flour and corn starch to the bowl.
- Beat with a hand whisk until the mixture is combined and completely smooth. Make sure there are absolutely no lumps.
- Heat the rest of the grape must in a pot. Add the flour mixture and stir until it comes to a boil.
- Boil for 1-2 minutes, until the mixture thickens.
- Remove from heat.
- Add the rosewater and stir to combine.
- Pour into serving bowls and sprinkle with chopped walnuts.
- Refrigerate to chill and serve with cinnamon.

## Tip

Grape must pudding is at its most popular during the fall, when it's harvest time.