



Om Ali - Egyptian Style Bread and Butter Pudding

Serves: 8

TASTE OF WINTER FACT

Om Ali is considered Egypt's national dessert. This delicious pudding is believed to have originated in medieval Egypt and was named after the wife of Egypt's Sultan Izz al-Din Aybak. The dish has many variations; it is known as Khumaiaa in both Jordan and Iraq and it can be served hot or chilled. Om Ali is commonly enjoyed during Ramadan as part of the iftar, the sunset meal that breaks the fast. This recipe is made with puff pastry, although alternate versions of the pudding use filo pastry or bread.

INGREDIENTS

- As Required - Canola Spray Oil
- 400gm Puff Pastry Sheets
- 100gm Flaked Almonds
- 65g Shelled Pistachio Nuts
- 150gm Sultanas
- 35gm Pine Nuts
- 40gm Dried Apricots - roughly dice.
- 60gm Shredded Coconut
- 1½ Lt Full Cream Milk
- 470ml Thickened Cream
- 300ml Condensed Milk
- 135gm Caster Sugar
- ¼ tsp Ground Cinnamon
- ¼ tsp Ground Cardamom
- 170gm Table Cream/Ashta
- As Required - Ground Nutmeg
- As Required - Slivered Pistachio Nuts
- As Required - Dried Rose Petals (edible)



METHOD

1. Pre-heat an oven to a moderate temperature - 160°C.
2. Lightly spray oil the required number of baking tray/s. Place the puff pastry sheets in a single layer onto the tray/s. Place tray/s in the oven and bake for 25 minutes or until the puff pastry sheets have puffed up, are cooked through, crisp and golden. Remove tray/s from the oven, set to one side to allow the puff pastry to cool to room temperature. Once cool, roughly break into 5cm diameter sized pieces.
3. In a mixing bowl, add the almonds, first quantity of pistachio nuts, sultanas, pine nuts, dried apricots and shredded coconut, then mix to combine and set to one side.
4. Over a moderate heat, in a saucepan, add the full cream milk, thickened cream, condensed milk, caster sugar, ground cinnamon and ground cardamom, mix to combine. Bring the mixture up to the boil, stirring regularly to ensure that the caster sugar has dissolved, then remove the mixture from the heat and set to one side.
5. In the base of a baking dish approximately 22cm by 30cm by 6cm in size - evenly distribute $\frac{1}{3}$ of the puff pastry, evenly top with $\frac{1}{2}$ of the dried fruit and nut mixture, then evenly top with another $\frac{1}{3}$ of the puff pastry, top with the remainder of the fruit and nut mixture, finally top with the last $\frac{1}{3}$ of the puff pastry. Evenly pour over the warm milk mixture (push down on the fruit and nut mixture and puff pastry to ensure it is fully immersed in the milk mixture), then allow it to stand for 5 minutes.
6. With a teaspoon, evenly place dollops of the table cream (Ashta), on top of the pudding and gently spread and smooth the dollops out.
7. Place the pudding into the oven and bake for 20 minutes, or until it is bubbling, firm and golden in colour, then remove from the oven.

TO SERVE

Garnish the Om Ali pudding with a light sprinkle of ground nutmeg, slivered pistachios and edible rose petals, and serve accompanied with a good quality vanilla bean ice cream.
