

Layali Lubnnan (Semolina pudding)

Dessert



Layali Lubnaan (Semolina pudding)

Preparation time: 10 minutes

Cooking time: 5-10 minutes
Cooling time: 50 minutes

Makes: 1 portion

Equipment: Whisk

Ingredients

125ml Renastep™ (1 bottle)
125ml water
20g semolina
1 tbsp sugar
1g ground mastika

½-1 tsp rose water (to taste)
½- 1 tsp orange blossom water (to taste)

Topping:

20ml single cream, whipped
8g pistachios, finely chopped

Method

1. Mix the Renastep, water, semolina and sugar well in a pan and gently warm on a low to medium heat stirring continuously and scraping the bottom to stop the semolina sticking to the pan.
2. Once the mixture starts to simmer, lower the heat to minimum, add the ground mastika and continue stirring.
3. When the mixture starts to thicken, remove from the heat, add the rose water and orange blossom water and stir well.
4. Pour the pudding into a bowl and leave to cool for about 40 minutes.
5. Once the pudding has rested and cooled, place in the fridge for 5-10 minutes to chill.
6. Whip the cream to form soft peaks.
7. Serve with whipped cream and finely chopped pistachios if permitted.

Nutritional Information

Nutrient		per portion	per 100g
Calories	kcal	523	164
Protein	g	9	2.8
Sodium	mg/mmol	154 / 6.6	48 / 2.1
Potassium	mg/mmol	188 / 4.7	59 / 1.5
Phosphorus	mg/mmol	122 / 3.0	38 / 1.2
Calcium	mg/mmol	86 / 2.1	27 / 0.7



Pour permitted syrup or honey over to serve.



Renastep is a Food for Special Medical Purposes and must be used under medical supervision. Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Renastep contains **milk** and **fish**. Refer to labels for allergen and other product information. This recipe has been specifically designed for the dietary management of kidney disease and has been analysed using Nutrimer dietary analysis software.