



Recipe for Saudi Arabia

Mihulibeya Bel Manga

3 cups mango juice

2 tablespoons rose water

5 tablespoons cornstarch

3 cups milk

2 cups mixed fruit

5 tablespoons sugar

2 cups cream

1/2 cup ground pistachio nuts

Put the mango juice in a pan over medium heat and bring to a boil. Mix half the cornstarch in half a cup of water. Pour this into the boiling mango juice, stirring constantly until thick. Pour contents of the pan into a deep dish. Add half the amount of mixed fruit. Set aside to cool and thicken. Spread half the cream on top of the cooled fruit mixture and put the dish in the refrigerator. Put the milk in a pan over low heat, add the sugar and rose water and stir until almost boiling. Mix the remaining cornstarch in half a cup of water, pour into the milk, stirring constantly until thick. Remove from the heat and cool for ten minutes. Take the dish of fruit from the refrigerator, slowly pour the milk over the cream, and cool at room temperature for one hour. Place the dish in the freezer for a short time. Remove from the freezer, cover with the remaining cream and decorate with the remaining fruit and ground pistachios. Serve cold.