# Eid Holiday Dessert Recipes

Muslims celebrate Eid Al Fitr and Eid Al Adha Holidays. Muslims fasts during the month of Ramadan and Eid Al Fitr is celebrated after the end of Ramadan fasting. Eid Al Adha is celebrated to commemorate the sacrifice of Prophet Abraham and some Muslims go to the Hajj Pilgrimage during this time. Below are some Eid recipes from different countries where Muslims celebrate Eid Holiday.

## Knafeh Cups – Lebanon

### Yields: 12

### Ingredients:

**For the Sugar Syrup:**

1. 1 cup sugar
2. 1/2 cup water
3. 1/2 tsp lemon juice
4. 1 stick cinnamon (optional)
5. 1/2 tsp rose water (optional)

### For the Knafeh:

1. 1/2 packet (250g) of knafeh dough (you can find this at many Middle Eastern grocery stores)
2. 4 tbsps butter + extra to grease the muffin tray
3. 1/2 tsp orange powder food coloring (optional, add more coloring as you wish)
4. 3/4 cup (180ml) milk
5. 1/2 cup (115ml) heavy whipping cream
6. 1 tablespoon condensed milk (alternatively you can use 2 tbsp granulated sugar)
7. 1 1/2 tablespoons (15g) semolina
8. 1/2 teaspoon (1.5g) corn flour
9. 1/2 teaspoon (2.5g) water
10. 1/2 packet (75g) mozzarella, grated
11. Handful of Pistachios to decorate

## Directions:

1. Preheat your oven to 390°F
2. Begin my adding the ingredients for the syrup to a pan and heat over a medium flame for about 10-15mins. Set aside to cool and leave in the fridge until later.
3. Melt the butter/ghee and add it to knafeh dough/pastry and mix with your hands so that the butter/ghee is spread evenly throughout the dough.
4. Using a pastry brush, spread on some extra butter/ghee on to a muffin tray. Make sure to coat the sides of the holes of the muffin tray too! At this point you can add the orange food coloring to the ghee so that the top of the knafeh has an orange color (optional). About 1/2tbsp of orange coloring for 2 tbsp of ghee works well.
5. For the creamy semolina mixture, begin by heating the milk, cream, condensed milk and semolina in a small pot.
6. Mix the corn flour and water separately until it dissolves and add this to the mixture in the pot. Keep stirring until the mixture thickens to a custard-like consistency (add more corn flour if needed). Set aside and leave to cool.
7. While it's cooling, you can add the base layer of knafeh pastry into each muffin hole. Press it down firmly using a small object (e.g. a pestle) and be sure to bring the knafeh up to the sides.
8. Now add about a tbsp of the semolina mixture in to each hole.
9. Top with a tbsp of mozzarella in each hole.
10. Cover each hole with more knafeh pastry. Press down so that it is sealed, but be gentle as you don't want the mixture to ooze out.
11. Place in the oven for about 20-30 mins until the tops look golden brown.
12. Once done, leave to cool and carefully flip over the muffin tray. The individual knafeh's should slide out.

13. Pour the syrup over the knafeh and decorate with nuts of your choice – I used pistachios.

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# Mango Panna Cotta - Pakistan / India

## Serves: 10

## Ingredients:

1. 1 1/2-pint double cream
2. 9 tbsp sugar
3. 1 tsp vanilla paste
4. 3 tsp of gelatin granules
5. 3 mangoes

## Directions:

1. Begin by mixing the cream, sugar and vanilla paste and bring this to a boil.
2. Carefully add the gelatin granules, making sure everything is blended well.
3. Set in dessert bowls and chill for several hours in a fridge
4. Liquidize and chill the mangoes
5. Once the panna cotta has set, top with mango and some cream.

Tip: You could use sweetened mango pulp if fresh mangoes are not available.

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# Tufahija – Bosnia

## Serves: 6

## Ingredients:

1. 6 apples (granny smith)
2. Syrup:
3. 16 ounces water
4. 25 ounces sugar
5. 1/2 lemon (juice)
6. 1/2 teaspoon vanilla extract

**Filling:**

7. 3.5 ounces hot milk
8. 5 ounces ground walnuts
9. 1.5-ounce butter
10. 2 tablespoons sugar
11. Whipped cream
12. A couple of whole walnuts

## Directions:

1. Wash apples well, then peel them. Cut out the core as if you're making small cups out of each apple. Make sure to take out all seeds, and try not to drill through to the other side. (Use a grapefruit spoon for easier coring.) Set peel from one apple aside.
2. In a larger pot, pour water, sugar, vanilla extract, lemon juice and apple peel. Bring to boil on high. Stir often, and lower to medium and add apples. Boil apples 5 to 7 minutes on both sides. (Cooking time here will depend on the type of apples you are using, and your stove. Make sure they don't overcook or they'll fall apart, or they undercook and stay hard.) Remove off heat.
3. Take apples out of the syrup and transfer to a deeper bowl to cool down for 30 minutes. Keep the syrup.
4. Meanwhile, prep the filling. Cover walnuts with hot milk, and leave them aside for 15 minutes until they incorporate together. Melt butter over medium, add sugar, and stir well. Add to walnuts and stir until completely incorporated.
5. Fill each apple with about 2-3 teaspoons of the filling. Pour syrup over them and leave in the fridge until ready to serve.
6. Decorate with walnuts and whipped cream before serving.

**Note:**

Opinions on the apples are very divided. We used Granny Smith apples for this recipe. If you use a sweeter kind (like Delicious) make sure to cook them a shorter period.

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# OREO AND CARAMEL MOUSSE – USA/Canada

## Serves: 8

## Ingredients:

1. 280ml fresh cream
2. 1 tin carnation caramel
3. 3 tbsp cocoa powder
4. 1 packet Oreos

## Directions:

1. Whip the cream until it forms stiff peaks.
2. Add the caramel and cocoa powder until fully combined.
3. Crush the Oreos and layer it with the caramel mixture in a serving bowl.
4. Decorate with mini and crushed Oreos.

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# Um Ali Bread Pudding - Egypt

## Serves: 10

## Ingredients:

1. 8 large croissants
2. 2 pints whole milk
3. 1 tin sweetened condensed milk
4. 1 tub of double cream
5. 2 pinch cardamon powder
6. 1 pinch cinnamon powder
7. 1 1/2 tsp vanilla extract
8. Handful of desiccated coconut
9. Handful of almond flakes
10. Handful of pistachios

11. Handful of raisins

## Directions:

1. In a pan add the whole milk, condensed milk, cardamon powder, vanilla essence and cinnamon powder. Allow to boil for a couple of minutes. Stir and make sure the mixture does not burn.
2. After it boils add in the cream and allow to boil again. Once boiled, remove from heat.
3. Break 8 large croissants into pieces. Grease a large dish with butter and make one layer of croissant pieces.
4. Sprinkle raisins, almond flakes, desiccated coconut and pistachio.
5. Pour half the milk mixture over the first layer of croissants.
6. Make a second layer of croissants and pour remaining half of milk mixture.
7. Top with a sprinkle of almond flakes, raisins, pistachios and desiccated coconut at the very top. Sprinkle very lightly with a small amount of cinnamon powder (optional).
8. Bake in the oven for approx 20-25 mins at 350°F or until the dish is slightly toasted.

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