



Aletria

Makes 4-6 servings

Ingredients

100g angel hair pasta (vermicelli) coarsely crushed
500 ml milk
85 g sugar
6 whole cardamom pods, crushed
20 g butter
3 egg yolks
¼ teaspoon ground cinnamon
1 teaspoon orange zest
½ cup pomegranate seeds

Recipe courtesy of Tolga Von Klein in Lisbon, Portugal

This is a unique Portuguese dessert served during Christmas time using angel hair pasta. It is similar to a rice pudding. This is a foolproof version of this simple, yet tricky dish to prepare.

Directions

In a medium sized pot bring milk, sugar, cardamom pods and butter to a gentle boil, stirring occasionally. Do this at a medium heat to ensure the milk is not scorching at the bottom of the pan. Once milk has come to the boil, turn of heat and let the cardamom infuse its aroma into the milk for about 5 minutes. Strain the milk into a bowl to remove the cardamom and return the milk back into the same pot and turn heat back on to medium-low.

Separate eggs and put the yolks into a bowl without breaking them (save whites for another use). Take about a ¼ cup or 60ml of the hot milk and pour it into the bowl with the eggs and with a whisk blend them together, this will temper ensuring they won't scramble in the coming steps. The milk in the pot should be gently simmering by now, so you can add the noodles and cook them for about 3 minutes, stirring constantly.

Take the pot off the heat and slowly add the tempered egg-milk mixture, stirring vigorously to incorporate the mixture and cooling it down a bit , about 1 minute. Finally stir in the cinnamon and orange zest and portion the mixture either in a small casserole dish or for individual servings into small ramekins. Let it cool and set and serve at room temperature with more cinnamon sprinkled on top the mixture and a garnish of pomegranate seeds.