

Simple Semolina Pudding

Semolina is made from one of the world's most sought-after types of wheat – durum wheat – which is carefully milled to produce golden grains of semolina. Semolina is used to make 'British milk pudding'. This was a popular dish during and after World War Two as it was cheap to make and very filling.



Milk and wheat (gluten)*

Nutritional information per portion (278g):

Energy	Fat	Saturates	Sugars	Salt
920kJ 219kcal 11%	4.6g 7%	2.7g 13%	21g 23%	0.27g 4%

of an adult's reference intake.
Typical values per 100g: energy 331kJ/79kcal.

Equipment

Weighing scales
Measuring jug
1 litre, large
microwave-safe bowl
Wooden spoon
Measuring spoons
Oven gloves

Ingredients

Serves 2-3
50g semolina
600ml semi-skimmed milk
1 x 5ml spoon vanilla extract
20g caster sugar

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Stir at regular intervals to prevent lumps forming. If lumps do form, whisk gently, being careful not to spill the hot semolina.
- Remember the semolina will continue to cook for 2 minutes once removed from the microwave, so leave to stand before serving.
- All microwave ovens vary slightly, so if the semolina is not thick enough after the standing time, cook for an extra minute then check the consistency. If it is not thick enough, repeat until it thickens.

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Method

1. Place the semolina and 50ml of the milk into a large microwave-safe bowl and mix into a smooth paste.
2. Gradually add the rest of the milk and the vanilla extract and stir well.
3. Cook in the microwave on full power for 4 minutes and stir well (timing based on an 800W microwave).
4. Cook for a further 2 minutes, add the sugar and stir.
5. Cook for 1 more minute and stir. Leave to stand for 2 minutes before serving.

Something to try next time

You can add nutmeg to semolina (and rice pudding) to give it extra flavour. Try some of the following ingredients to add flavour:

- Stewed fruit – Serve the semolina with a spoonful of our Fast Stewed Fruit recipe.
- Dried Fruit – Add 50g of sultanas, raisins or any other dried fruit.
- Citrus – Add the juice of a lemon and grated rind of an orange or lemon.
- Coconut – Add 20g of desiccated coconut.
- Chocolate – Add 1 x 5ml spoon of cocoa powder with the dry semolina at step 1.

Prepare now, eat later

- Semolina can also be chilled for up to 24 hours and eaten cold. It will set and become a blancmange-like consistency. Alternatively it can be cooked then chilled, then reheated for a few minutes in the microwave. Add a little more milk if it is too thick when reheated.

Skills used include:

Weighing, measuring, mixing/combining and microwaving.