**Treats: Sahlab, Custard, or Booza (stretchy ice cream)**

**Roam with Roni**

[https://roamwithroni.hebrewlion.com/](https://roamwithroni.hebrewlion.com/recipes)

*These delicacies were originally made from the tubers of a specific orchid. However, due to overharvesting, this flower is now endangered or even extinct in some areas. Therefore, the recipes have been adjusted to use alternative ingredients.*

Ingredients for all three treats

* 4 cups whole **milk** (or skim, oat, or almond milk)
* 4 TBSP (aka ¼ cup) **cornstarch** (or 1 TBSP store‑bought **sahlab** or **salep** powder)
* A bit of **water**
* 2 TBSP **sugar**
* 1 tsp **vanilla** (or 1 tsp **rose** or **orange blossom water**)
* **For booza only:** ¼ tsp crushed/powdered **mastic** (skip if making sahlab or custard)

Topping suggestions

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Topping** | **Sahlab** | **Custard** | **Booza** |
| Fruits | Fresh berries | ✓ | ✓ | ✓ |
| Sliced **bananas** | ✓ | ✓ |  |
| **Raisins** | ✓ | ✓ |  |
| Sliced dried **apricots** | ✓ | ✓ |  |
| Candied **orange peel** |  | ✓ | ✓ |
| Nuts | Chopped **walnuts** or **pistachios** | ✓ | ✓ | ✓ |
| Slivered **almonds** | ✓ | ✓ |  |
| Crushed **pralines** | ✓ | ✓ | ✓ |
| Drizzles | **Honey** or **date syrup** | ✓ | ✓ | ✓ |
| Salted **caramel** drizzle |  |  | ✓ |
| Sweets | Shredded **coconut** | ✓ | ✓ | ✓ |
| Crumbled **baklava** pieces |  |  | ✓ |
| **Halva** crumbles |  |  | ✓ |
| **Shaved** dark chocolate |  |  |  |
| **Chocolate chips** |  | ✓ | ✓ |
| Fruit **compote** or **jam** |  |  |  |
| Extras | **Cinnamon** (powdered or stick) | ✓ | ✓ |  |
| **Rose petals** |  |  | ✓ |

**Direx for sahlab:**

1. Heat the **milk** in a saucepan over a **low** flame.
2. In a small bowl, combine the **cornstarch** and just enough **water** to dissolve it. Use a fork to break up any lumps, aiming for a stretchy, lump-free consistency.
3. Scoop a small amount of heated **milk** (e.g., ½ a cup) and add to the **cornstarch mixture** and whisk to obtain an even smoother consistency.
4. Using a sieve and whisk, strain the mixture into the milky sauce pan, discarding any remaining lumps.
5. Increase the heat to **medium** and add the **sugar** and **vanilla**.
   * **For booza only:** Add the **mastic** at this step.
6. Whisk the mixture continually as it cooks.
   * **Tip:** Milk can burn fast and get very messy. Stay vigilant!
7. Once boiling, stir (do not whisk!) for another 2 minutes until the mixture is thick and creamy.
8. Remove from heat, ladle into mugs, and add toppings generously.   
   **Tip:** Serve with a spoon.

**Direx for custard:**

1. Follow Steps 1-7 as directed for sahlab.
2. After removing from heat, wait several minutes for the mixture to set.
3. Ladle or pour into small bowls and refrigerate for 1 hour or longer.
4. Add topping when ready to serve.

**Direx for the booza:**

1. Follow Steps 1-7 as directed for sahlab, ensuring to include the **mastic**.
2. After removing from heat, allow the mixture to cool to **room temperature**.
3. Whisk the mixture at **room temperature**.
4. Cover and freeze the mixture for 30 minutes.
5. Remove from the freezer, whisk again, and refreeze for another 30 minutes.
6. Remove once more. This time, use a spatula to mix and fold the booza over. Refreeze for another 30 minutes. Repeat this step as many times as necessary to obtain the consistency of ice cream.
7. Store in an airtight container and freeze the booza until it is time to serve.
8. To serve, scoop into a ball and sprinkle with your favorite toppings.