

## Ingredients

**Serves 4, 24 or 48**

	4 SERVES	24 SERVES	48 SERVES
Full cream milk	600ml	3.6 L	7.2 L
Caster sugar	90g	550g	1kg
Semolina	65g	390g	780g
Cinnamon, ground	½ tsp	1 tbs	2 tbs
Cardamom, ground	¼ tsp	1.5 tsp	1 tbs
Sultanas	100g	600g	1.2kg
Flaked almonds	50g	300g	600g
Plain/vanilla yoghurt, plus extra to serve	50ml	300ml	600ml



**Tip: try toasting the nuts in a small frying pan instead of using the oven**

## Method

1. Preheat oven to 180°C and line a tray with baking paper.
2. In a large saucepan add milk, sugar, semolina, cinnamon and cardamom over medium-high heat and bring to a simmer. Reduce heat to low, add the sultanas and cook uncovered for 15-20 minutes, stirring regularly, until the mixture thickens slightly (longer time may be required for larger serves).
3. Spread the flaked almonds over the prepared baking tray and bake in preheated oven for 3-5 minutes or until lightly golden – watch closely and be careful not to burn them.
4. Add the yoghurt and half the flaked almonds to the semolina mixture, stir to combine.
5. Divide the mixture amongst serving bowls, serve with an additional spoon of vanilla yoghurt and sprinkle the remaining flaked almonds on top.

## Nutrition, hints and tips

- Semolina is a form of ground durum wheat and has a fine but slightly gritty texture. It is ideal when used for desserts or sweet mid meals but can also be served as a savoury side dish with hot meals such as ragù or casseroles.
- This recipe provides a source of protein, calcium, Vitamin C, carbohydrates and fibre making it a nourishing dessert option.
- Top with yoghurt, custard or cream.
- Try serving with additional soft fruit such as tinned peaches and pears, sliced banana or mango.
- Omit the toasted almonds and sultanas for residents requiring Soft, Minced Moist or Smooth Pureed diets.
- Check with your Speech Pathologist before serving semolina or polenta to residents with swallowing issues as the grains can gelatinize or 'firm up' overtime.