



Sahlab – An Egyptian Hot Vanilla Drink

If you've read Rick Riordan's *The Red Pyramid*, you may have heard of Sahlab. The book describes it as a hot, sweet vanilla drink with hints of cinnamon and coconut. Traditionally, sahlab is made with salep flour or powder which is made by grinding the roots of a particular orchid. Kat from *A Good Appetite* adapted the recipe to use ingredients easier to find in Minnesota and to focus on the flavors mentioned in the book: vanilla, cinnamon and coconut. Recipe courtesy of Kathy Lewinski.

Ingredients/Supplies

- 2 c milk
- 1/2 c water
- 2 T cornstarch
- 1 t vanilla
- 2 T sugar
- pinch of cinnamon
- pinch of coconut flakes (sweetened or unsweetened)



Directions

1. Put the milk in a heavy saucepan over medium heat.
2. Whisk the water and cornstarch together and add to the milk. Add the vanilla and sugar.
3. Turn the heat up to medium-high and bring to a boil, stirring the whole time. Let boil while stirring for 2 minutes, it should thicken slightly.
4. Divide between 2 mugs. Sprinkle cinnamon & coconut on top.

Makes 2 Servings



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