

Melkkos (Milk Pudding) - A Cozy South African Classic

Melkkos (Milk Pudding) - A Creamy Heritage Dessert with a Cinnamon Finish



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INGREDIENTS

- 1 can condensed milk
- 2 cups water
- 1 liter (about 4 cups) milk
- 1 cup cake flour
- 125 ml (½ cup) butter
- A pinch of salt

Optional: sugar, to taste

To serve: Cinnamon sugar

Ingredient Notes & Swaps:

Milk: Whole milk is best for creaminess, but you can use a 2% or lactose-free option.

Butter: Salted or unsalted is fine-just adjust the pinch of added salt accordingly.

Cake Flour: This gives a more tender texture, but all-purpose flour works in a pinch.

Condensed Milk: Adds sweetness and depth; if you'd like it richer, stir in a bit of cream.

Instructions:

- 1 Mix the Milks:
- 2 Prepare the Crumb:
- 3 Combine & Cook:
- 4 Serve It Up:

Tips for Success:

Slow and steady wins: Avoid boiling the milk, and stir gently but consistently to prevent burning.

Lump-free trick: Use a whisk during the addition of the flour mixture to ensure a smooth finish.

Customize it: Add a splash of vanilla extract or a cinnamon stick to the milk mixture for added depth.

Serving Suggestions:

Big Family Banana Pudding

Old-School No-Bake Cookies

Pumpkin Spice Muffins

Chocolate Chip Banana Bread

Easter Cookies

Storage & Leftovers:

Fridge: Store in an airtight container in the refrigerator for up to 3 days.

Reheat: Gently reheat on the stove or in the microwave, stirring in a little extra milk to loosen the texture.

More Recipes You'll Love:

Final Thoughts:

DIRECTIONS

1. **Mix the Milks:** In a large saucepan or casserole dish, combine the condensed milk, water, and milk. Stir well to blend. Place over medium heat and start warming it up gently.
2. **Taste the mixture here.** If you prefer it sweeter, add a tablespoon or two of sugar.
3. **Prepare the Crumb:** In a separate bowl, rub the butter into the cake flour using your fingertips until it forms a crumbly texture, similar to coarse breadcrumbs. Add the pinch of salt and mix it through.
4. **Combine & Cook:** When the milk mixture is hot but not boiling, gently whisk in the flour crumb mixture. Stir constantly to prevent lumps. Cook over medium-low heat, stirring regularly, until the mixture thickens into a creamy porridge-like consistency.
5. **Serve It Up:** Dish the melkkos into bowls while warm. Generously sprinkle with cinnamon sugar before serving. The heat will release the cinnamon's aroma and melt the sugar just enough for a comforting finish.
6. **Tips for Success:** Slow and steady wins: Avoid boiling the milk, and stir gently but consistently to prevent burning.
7. **Lump-free trick:** Use a whisk during the addition of the flour mixture to ensure a smooth finish.
8. **Customize it:** Add a splash of vanilla extract or a cinnamon stick to the milk mixture for added depth.
9. **Serving Suggestions:** Melkkos is best served warm, ideally with a sprinkle of cinnamon sugar on top. You can enjoy it as a dessert, a comforting breakfast, or even a bedtime snack. Pair it with:

10. Big : Family Banana Pudding
11. Old-: School No-Bake Cookies
12. Pumpkin : Spice Muffins
13. Chocolate : Chip Banana Bread
14. Easter : Cookies
15. Storage & Leftovers: Fridge: Store in an airtight container in the refrigerator for up to 3 days.
16. Reheat: Gently reheat on the stove or in the microwave, stirring in a little extra milk to loosen the texture.
17. More Recipes You'll Love: Big Family Banana Pudding
18. Final Thoughts: Whether you grew up with melkkos or are discovering it for the first time, this creamy South African treasure is pure comfort in a bowl. It's humble, wholesome, and sure to warm your heart-especially with that cinnamon sugar sprinkle.
19. If you make it, share a photo and tag @ChefManiac. I'd love to see how you bring this cozy classic to your table!

SWAPS & NOTES

& Swaps Milk : Whole milk is best for creaminess, but you can use a 2% or lactose-free option.

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Cake Flour : This gives a more tender texture, but all-purpose flour works in a pinch.

Condensed Milk : Adds sweetness and depth; if you'd like it richer, stir in a bit of cream.

TIPS FOR SUCCESS

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