



RECIPE OF THE WEEK: 31/01/2022

Galatopita (Greek Custard Pie)

This is a simple, light traditional sweet pie which was prepared in ancient times. It is a creamy, delightful and popular dessert in Greece.

It is made of simple ingredients such as semolina, eggs, goat, sheep or cows' milk, sugar or honey and sprinkled with cinnamon and icing sugar.

It slightly resembles the cream of galatoboureko and it can be made using filo pastry as the base. I am presenting the recipe as it is traditionally made without the filo pastry.

Ingredients (Makes 20 pieces)

1 litre full fat milk
175g fine semolina
175g sugar
1 tsp vanilla essence
zest of one lemon
pinch of salt
3 medium free-range eggs, lightly beaten
100g unsalted butter

For the egg wash

1 medium free-range egg
1 tbsp water
2 tbsp sugar

For greasing the tray

2 tbsp unsalted butter, melted

For the coating

1 tbsp cinnamon
2 tbsp icing sugar
1 tbsp honey



Method

1. Pre-heat the oven to 180°C/160°C fan/gas 4.
2. Put all the ingredients, except the eggs and butter, in a large casserole dish and on medium heat, bring to the boil. Stir the mixture using a hand whisk for 3-4 minutes until you have a velvety cream. Take care not to burn it.
3. Let it cool for 5 minutes and then add the eggs. Stir continuously for 1-2 minutes until the mixture becomes smooth and thickens.
4. Take the casserole off the heat and add the butter, stirring continuously for 1-2 minutes with the hand whisk, until it has completely dissolved into the mixture.

5. With the butter grease either a 28cm round baking tray or a 35x25cm rectangular tray. Evenly sprinkle the base of the tray with a small amount of fine semolina and then pour the cream into the tray. Flatten the mixture with a spatula.
6. In a small bowl put the egg, water and sugar and stir well. Evenly spread the egg mixture on the surface of the galatopita with a pastry brush.
7. Bake in the pre-heated oven for 40-45 minutes.

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