



RECIPE OF THE WEEK: 05/07/2021

Rizogalo (Rice Pudding)

This is a delicious Greek cake made with yoghurt which makes it moist and scrumptious. The infusion of the lemon zest, vanilla essence and orange zest combine to make it aromatic. The addition of sultanas soaked with brandy gives it an extra dimension and elevates it to new heights. Serve it with fresh fruit, cream, ice cream or yoghurt.

Serves 4

Ingredients

125g pudding rice
Pinch of salt
1 litre full fat milk or 500ml full fat milk and 500ml cream
75g sugar or 1 tbsp honey
Peel of ½ a lemon
¼ mastic from Chios, ground (optional)
1 tsp vanilla essence
1 free-range egg yolk, lightly beaten
1 tbsp cornflower diluted with 2 tbsp of milk
For sprinkling
Cinnamon
Rose water (optional)



Method

1. Place the rice and salt in a medium saucepan with 300ml of water. Cook over a low heat uncovered, stirring continuously until the rice has absorbed all the water, about 10 minutes.
2. Over a medium heat in a second saucepan with a heavy base, put the milk, sugar or honey, the lemon peel and mastic if using and bring to the boil.
3. Lower the heat, add the rice and let it simmer, stirring all the time, until the rice absorbs all the milk, about 20-25 minutes.
4. Remove from the heat and let it rest for 5 minutes before adding the vanilla essence, the egg yolk and cornflower.
5. Return the saucepan to the heat and cook over a low heat for a further 2-3 minutes to thicken.
6. Take the saucepan off the heat and with a ladle pour the rizogalo into four individual bowls.
7. When cold, sprinkle generously with cinnamon and a few drops of rose water if you prefer. Rizogalo tastes better when served cold. It can be eaten anytime of the day.