

## Rizogalo - Ρυζόγαλο (rizogalo)



Rizogalo is a light and creamy Greek rice pudding made with whole milk, cinnamon, and lemon and orange zest. Enjoy this gluten-free dessert.

| SERVES   | PREP       | COOK       | TOTAL      | CUISINE |
|----------|------------|------------|------------|---------|
| Serves 6 | 10 minutes | 45 minutes | 55 minutes | Greek   |

### Ingredients

- 1 litre (1¾ pints) whole milk
- 200 ml (7 fl oz) water
- 100 g (3½ oz) short-grain rice, rinsed
- 75 g (2¾ oz) caster sugar
- 1 strip lemon zest, wide strip
- 1 strip orange zest, wide strip
- 1 cinnamon stick
- 1 pinch fine salt
- 2 tbsp cornflour
- 3 tbsp cold water



- 1 tsp vanilla extract
- ground cinnamon, to serve

## Method

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1. Put the rinsed rice, whole milk, water, lemon zest, orange zest, cinnamon stick and salt into a heavy saucepan. Set over medium heat and bring slowly to a bare simmer, stirring now and then so the rice does not catch on the base.
2. Reduce the heat to low and cook gently for 25-30 minutes, stirring frequently, until the rice is very tender and the mixture has begun to look creamy rather than milky.
3. Stir in the sugar and continue cooking over low heat for 3-4 minutes, until the crystals have dissolved and the pudding tastes rounded and lightly sweet.
4. In a small bowl, whisk the cornflour with the cold water until completely smooth and free of lumps.
5. Pour the cornflour slurry into the pan in a thin stream, stirring constantly to emulsify and thicken the pudding. Cook over low heat for 2-3 minutes, until it loosens briefly, then thickens again and lightly coats the back of a spoon.
6. Remove the pan from the heat and stir in the vanilla extract. Discard the cinnamon stick and zest strips.
7. Leave the rizogalo to rest for 5-10 minutes, stirring once or twice to keep a skin from forming if serving warm.
8. Spoon into small bowls or glasses and let cool to room temperature, or chill until softly set and cold, 1-2 hours, before serving.
9. Serve with a light dusting of ground cinnamon over the top.

## To serve

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*Serve in shallow bowls or small glasses, with the cinnamon sifted over just before bringing to the table. It is lovely on its own, or with a few almonds on the side and a glass of dessert wine or strong Greek coffee.*

