



RICE PUDDING

(Rizogalo)

“Rizogalo” literally translates as rice milk. Deceptively light, creamy, and satisfying, rice pudding is one of the simplest but most delicious Greek desserts. Serve it sprinkled with cinnamon, the way it is delivered at Greek pastry shops, and have a good cup of coffee ready.

2 cups water
8 cups whole milk
1 cup long-grain rice
1 cup sugar
1 teaspoon vanilla extract
1 teaspoon grated lemon rind
2 egg yolks, slightly beaten
Ground cinnamon for garnish

Place water, milk, rice, and sugar in a large saucepan. Bring to a boil, stir gently, reduce heat and simmer over very low flame for about 1 hour, until the rice is virtually disintegrated and the mixture thick.

Remove from heat, and stir in vanilla and lemon rind. Beat the egg yolks in a separate bowl, and add several tablespoons of the rice pudding to them, beating all the while. Add the egg yolks to the rice pudding, stirring well. Pour the mixture into 8 individual serving cups or into a large bowl. Cover with plastic wrap and chill. Sprinkle with cinnamon just before serving.

Yield: 8 servings