



Greek Authentic SEMOLINA CUSTARD

GALAKTOBOUREKO KRÉMA

A silky, creamy Greek custard made with fine semolina, milk, and a touch of vanilla and citrus. Smooth, comforting, and delicious warm or chilled.



AUTHENTIC
GREEK
COMFORT



SERVINGS
6-8



PREP TIME
10 MIN



COOK TIME
15-18 MIN



COOK TEMP
MEDIUM
(170-180°C / 338-356°F)



COOL TIME
AT LEAST 2 HRS

INGREDIENTS

- Whole milk 1 L
- Sugar 120 g
- Fine semolina 100 g
- Cornstarch 15 g
- Egg yolks 2
- Vanilla extract 1 tsp (5 ml)
- Lemon zest 1 tsp
- Pinch of salt
- Butter 15 g

For serving

- Ground cinnamon



STEP-BY-STEP

-  In a heavy-bottomed pot, heat the milk over medium heat until warm (do not boil).
-  In another bowl, whisk together the sugar, semolina, cornstarch, and a pinch of salt.
-  Gradually add the dry mixture to the warm milk, whisking constantly to prevent lumps.
-  Cook over medium heat, whisking constantly, until the mixture thickens and comes to a gentle bubble.
-  In a small bowl, whisk the egg yolks. Temper with a few spoonfuls of the hot mixture, whisking constantly.
-  Pour the tempered yolks back into the pot, whisking constantly. Cook for 2-3 more minutes until thick and creamy.
-  Remove from heat. Stir in the butter, vanilla extract, and lemon zest until smooth.
-  Divide into serving bowls or one large dish. Press plastic wrap directly on the surface to prevent a skin from forming.
-  Let cool to room temperature, then refrigerate for at least 2 hours. Sprinkle with ground cinnamon before serving.

NUTRITION FACTS

Per serving (1/8 of recipe)

Calories	210
Protein	6 g
Fat	5 g
Saturated Fat	3 g
Carbohydrates	33 g
Fiber	0.5 g
Sugars	17 g
Sodium	60 mg

CHEF'S TIP



Whisk constantly while cooking for the silkiest texture. For extra aroma, add a small piece of cinnamon stick while heating the milk and remove before serving.

SERVING SUGGESTION



Enjoy chilled with Greek coffee, spoon sweets, or fresh fruit.



SIMPLE
INGREDIENTS



CLASSIC
FLAVOR



AUTHENTIC
GREEK RECIPE

