



# Greek Authentic RICE PUDDING

## RIZOGALO

A creamy, comforting Greek classic made with short-grain rice, whole milk, and a hint of vanilla and lemon. Simple ingredients, authentic flavor, pure nostalgia.



AUTHENTIC  
GREEK  
COMFORT



SERVINGS  
6-8



PREP TIME  
10 MIN



COOK TIME  
55-65 MIN



COOK TEMP  
LOW-MEDIUM  
(130-160°C / 266-320°F)



COOL TIME  
AT LEAST 2 HRS

### INGREDIENTS

- Short-grain rice (Arborio) 150 g
- Whole milk 1 L
- Water 250 ml
- Granulated sugar 120 g
- Cornstarch 15 g
- Vanilla extract 5 ml (1 tsp)
- Lemon zest 1 tsp
- Cinnamon stick 1
- Pinch of salt

### For serving

- Ground cinnamon



### STEP-BY-STEP

-  Rinse the rice under cold water until the water runs clear. Drain well.
-  In a heavy-bottomed pot, combine rice, water, and cinnamon stick. Bring to a boil over medium heat.
-  Reduce heat to low-medium. Simmer, stirring often, until the water is absorbed (about 10 minutes).
-  Add the milk gradually in 2-3 additions, stirring constantly. Keep the heat low. Simmer gently.
-  Cook, stirring frequently (to prevent sticking), until the rice is very tender and the mixture is creamy (about 35-45 minutes).
-  In a small bowl, mix the cornstarch with 3-4 tbsp of cold milk until smooth.
-  Whisk the cornstarch mixture into the pudding. Cook for another 3-5 minutes, stirring constantly, until it thickens slightly.
-  Remove the cinnamon stick. Stir in sugar, vanilla extract, lemon zest, and a pinch of salt. Mix until sugar is dissolved.
-  Divide into bowls. Let cool to room temperature, then refrigerate for at least 2 hours. Sprinkle with cinnamon before serving.

### NUTRITION FACTS

Per serving (1/8 of recipe)

|               |       |
|---------------|-------|
| Calories      | 205   |
| Protein       | 6 g   |
| Fat           | 5 g   |
| Saturated Fat | 3 g   |
| Carbohydrates | 33 g  |
| Fiber         | 0.5 g |
| Sugars        | 18 g  |
| Sodium        | 60 mg |

### CHEF'S TIP



Use full-fat milk for the creamiest texture and richest flavor. Stir often and gently—low and slow is the secret to perfect rizogalo.

### SERVING SUGGESTION



Serve chilled with a dusting of cinnamon. Pairs beautifully with Greek coffee or a glass of Mavrodaphne.



SIMPLE  
INGREDIENTS



CLASSIC  
FLAVOR



AUTHENTIC  
GREEK RECIPE

