



KALYMNOS PASTRIES

experience the tradition

RIZOGALO creamed rice

2lts full cream milk
5 cups water
2 cups sugar, to taste
1 Tablespoon vanilla sugar/essence
1 2/3 cups medium grain rice
1 heaped tablespoons corn flour
Ground cinnamon to sprinkle

METHOD

Place rice in colander and rinse under water until water runs clear.

Add rice and water into medium heavy based saucepan, place on medium heat and simmer for ten minutes.

Place corn flour and half cup of milk into small mixing bowl and combine.

Add remaining milk into saucepan and bring to a boil over medium heat while continually stirring for ten minutes.

Add corn flour mixture to saucepan and stir in.

Add sugar and vanilla to mixture and continually stir over medium heat for a further ten minutes and mixture will thicken.

Distribute the rizogalo into serving bowls.

Sprinkle ground cinnamon over rizogalo and allow to rest for fifteen minutes.

Now it's time to let your taste buds have a party and enjoy