

## Rizogalo (rice pudding)

### Ingredients

250g round grain rice  
500ml water  
500ml whole milk  
400ml heavy cream 35%  
200g granulated sugar  
cardamom, 6 seeds  
2 sticks cinnamon  
Cinnamon, ground

### To serve:

Cinnamon, ground

### Optional:

Lemon zest

### Execution Method

- In a pot, put the rice, the water, the milk and the heavy cream.



- In a food processor, add the sugar and the cardamom seeds.



- Beat them for 1 minute until the seeds are finely ground. If you don't have cardamom, add a vanilla pod in the pot along with its seeds.



- Place the pot over medium heat and add the aromatic mixture.



- Add the ground cardamom in the pot and the 2 cinnamon sticks.



- Lower the heat and simmer for 20-25 minutes, stirring continuously. It is important to stir continuously so that the rice doesn't stick and the milk doesn't get burnt.



- The more you stir it, the more it thickens.
- Serve warm or put it in small bowls in the fridge and leave them for two hours, if you prefer it cold.
- Sprinkle the pudding with ground cinnamon and serve.



*\*This is the traditional way to eat the Greek rice pudding but some prefer a more exotic version: you can add the lemon peel while the mixture is boiling to give the mixture a tropical flavor.*