

Maria's Rizogalo *

Serves 6-8

1 cup water

5 cups milk

$\frac{3}{4}$ cup short or Arborio rice

2-3 small pieces lemon peel

2 egg yolks

1 tsp good quality vanilla essence

2 tbsp cornflour

$\frac{3}{4}$ cup sugar

ground cinnamon (for garnish)

Bring water to the boil in a heavy-based pot. Stir in the rice and cook on low heat until water is absorbed. Stir often. Add milk and lemon rind. Bring to the boil and simmer, uncovered, for about 20 minutes, stirring occasionally until rice is tender. Watch pot carefully so that the mixture doesn't catch.

Beat egg yolks and a half the vanilla essence in a bowl. In another bowl, mix cornflour with a little water and the remaining half of the vanilla essence to make a smooth paste. When rice is cooked, add sugar to pot and mix well. Add cornflower mixture to the bowl of egg yolks and stir thoroughly. Add approximately one cup of the rice mixture to the bowl of egg yolks, and stir thoroughly. Return egg yolk mixture to the pot of rice and simmer gently for a few minutes or until creamy, stirring all the while.

Pour mixture into one big bowl or individual serving bowls. Sprinkle with cinnamon and enjoy warm or cold.

*Adapted from *Mumma's Kitchen: Recipes and Stories*, edited by Helen Addison-Smith and George Papaellinas