



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Baked Rice Pudding with Gum Mastic

Sakızlı Fırın Sütlaç



1 litre milk
2 gum mastic pieces
1 + 1/2 cup granulated sugar
1/3 cup rice
1 tbsp rice flour
1 tbsp wheat starch
1 yolk

- # Put the rice into a pot and pour water until it reaches 1 inch higher than rice, and cook until the rice lengthen.
- # Add rice flour, starch and sugar into the milk and blend until they it turns a smooth mixture.
- # Add the boiled rice into mixture with milk and cook over medium heat by stirring constantly.
- # Pound the gum pieces for getting them as powder and add into the cooking pudding just before it gets cooked. Remove from the oven and pour into the heat resistant bowls.
- # Add 1 yolk into the remaining 1 tbsp pudding in the pot and mix.
- # Place this mixture on the puddings in the bowls.
- # Place the heat resistant bowls on an oven tray and cook until their upper sides turn red.

Note: If you don't have gum, you can use vanilla instead of it. By that way you would prepare classical Baked Rice Pudding.