



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

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## Milk Pudding

Muhallebi



1 litre milk  
1 cup + 2 tbsp granulated sugar  
3/4 cup rice flour  
1 pack vanilla  
Cinnamon

- # Put the cold milk into pot, and add the rice flour, mix until get a smooth mixture before placing over the heat.
- # Cook over medium heat by stirring consistently.
- # When the mixture becomes thicker, add the sugar.
- # Stir until it reaches the consistency of milk pudding.
- # Turn the heat off when it reaches the right consistency, and add 1 pack vanilla, stir.
- # Pour into the small bowls.
- # At first cool down it in the room temperature, and refrigerate.
- # Garnish by drizzling cinnamon all over, and serve.

Note: In some other recipes, it is told to cook milk pudding with flour or starch, but the original recipe says to cook it with rice flour.