



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

Solid Milk Pudding

Katı Muhallebi



4 cups water
1 cup granulated sugar
1/2 cup starch
1 egg
1 tbsp wheat starch
1 pack vanilla

- # Wet the rice in tepid water for about 1.5 hours.
- # Drain its water. Rest it over paper towel to dry it.
- # After drying the rice, pound it. Sift it for once, and then pound the thick pieces in it once more. Repeat pounding until turn it to powder totally.
- # Put the rice powder, starch and granulated sugar into the pot, add the egg in it. Mix it by a beater.
- # Add milk in it by stirring the mixture constantly.
- # Place the pot over medium heat. Stir it constantly.
- # Cook it until it reaches a consistency which is thicker than milk pudding. Finally, add vanilla in it.
- # Pour the pudding into the bowls. Rest them at room temperature for a while and then place it into the refrigerator.
- # Garnish it with cherry sugar, cinnamon or coconut after refrigerating it for 2 hours, and serve.

Note: If you use rice powder instead of pounding the rice, you can't get the thick consistency.