

Rizogalo

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About this recipe: Rizogalo is Greek Rice Pudding. Our beloved aunt, “Thea Panagiota,” spoiled us with her delicious homemade Greek cuisine. Her Rizogalo (rē-zō-gǎ-lō) or Greek rice pudding was a family favorite. Its light, smooth texture made it a “go-to” comfort food when we had a sore throat or upset stomach. Using white rice, basic pantry staples, and common refrigerator foods, Thea Panagiota lovingly prepared this delectable nourishing rice pudding. I know she would have enjoyed sharing her Rizogalo recipe with others and I dedicate it to her memory.

It is believed that rice pudding first originated in India and China perhaps as far back as 6000 years BC. Being a bland food, rice pudding was even used medicinally for dyspepsia during Roman times. Rice pudding likely came to Europe in the 14th century, however, it changed to include a more savory flavor as it was prepared with salty meat broth, almond milk, and saffron. Over the years, many different cultures around the globe have created their own variations of rice pudding, each with its own unique combination of ingredients and spices.

Can help with side effects: Rizogalo is ideal for patients experiencing difficulty swallowing or a sore mouth/throat. The creamy flavor is well-received by patients dealing with dyspepsia. Rizogalo is high in protein, low in fiber, and is gluten free. It is simple and inexpensive to prepare. Leftover or instant rice may be used. Plant-based non-dairy alternatives or lactose-free milk may be substituted for cow’s milk in patients who are lactose intolerant. Rizogalo may be served warm or cold.

Servings: 6

Serving Size: ¾ cup

Ingredients:

- 2/3 cup rice
- 1 cup water
- 4 cups whole milk
- 2 teaspoons cornstarch
- 2 eggs
- ¼ cup sugar
- ¼ teaspoon salt
- 1 teaspoon vanilla
- Sprinkle of cinnamon (optional)

Instructions:

1. In a saucepan, over medium heat, cook rice with water until absorbed.
2. Add milk to rice and cook on low heat for 30 minutes or until rice is tender.
3. In a separate bowl, beat eggs and sugar until thick; add cornstarch.
4. Remove rice mixture from heat and stir in egg mixture; mix and return to saucepan.
5. Add salt and cook over low heat for 5 minutes, stirring constantly.
6. Add vanilla, mix, and pour into small bowls.
7. If desired, sprinkle with cinnamon (optional).

Per serving: 160 calories, 5 g protein, 25 g carbs/1 g fiber, 4 g fat