

Turkish Rice Pudding

Creamy Turkish rice pudding (Sütlaç) recipe with milk, rice, and cinnamon. Traditional Ottoman dessert that's comforting and delicious.

15 min

PREP

40 min

COOK

55 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 4 cup milk
- 1 cup rice
- 1 cup granulated sugar
- 1 tbsp wheat starch

Instructions

- 1 Prepare the rice base**

Rinse 1/2 cup short-grain rice under cold water until the water runs clear. Combine the rinsed rice with 3 cups water in a heavy-bottomed saucepan and bring to a boil over medium-high heat.
- 2** Reduce heat to low and simmer uncovered for 15-20 minutes, stirring occasionally, until the rice is very tender and most of the water is absorbed.
- 3 Add the milk**

Pour 4 cups whole milk into the saucepan with the cooked rice and stir well to combine. Increase heat to medium-low and bring the mixture to a gentle simmer, stirring frequently to prevent the milk from scorching on the bottom.
- 4 Prepare starch mixture**

Whisk 1 tablespoon wheat starch with 1/2 cup cold water in a small bowl until completely smooth with no lumps remaining.
- 5 Thicken the pudding**

Slowly pour the starch mixture into the simmering rice and milk while whisking constantly to prevent lumps from forming. Continue cooking for 4-5 minutes, stirring continuously, until the mixture thickens enough to

coat the back of a spoon.

6 **Sweeten and finish**

Add 1/2 cup granulated sugar to the thickened pudding and stir constantly until completely dissolved, about 1-2 minutes. Remove from heat once the sugar is fully incorporated and the pudding has a creamy consistency.

7 **Cool and serve**

Divide the hot pudding among 4 individual serving bowls or pour into one large dish. Press plastic wrap directly onto the surface of each pudding to prevent a skin from forming and refrigerate for at least 2 hours until completely chilled.

8 Remove plastic wrap and serve chilled, optionally dusted with ground cinnamon on top.

Tips

Use short-grain rice for the best texture, as it releases more starch and creates a naturally creamy consistency without becoming mushy.

Stir the pudding constantly while cooking to prevent the milk from scorching and to ensure even cooking throughout.

Dissolve the wheat starch completely in cold water before adding to prevent lumps from forming in your pudding.

Cook on medium-low heat to avoid curdling the milk and to allow the flavors to develop properly.

Cover the surface of the pudding with plastic wrap while cooling to prevent a skin from forming on top.

For extra richness, replace half a cup of milk with heavy cream, but maintain the same total liquid volume.

Test the sweetness before the final boil, as you can adjust the sugar to your preference at this stage.

Chill for at least 2 hours before serving for the best texture and flavor development.