

Muhallebi

Silky Turkish milk pudding (muhallebi) made with rice flour and whole milk. This gluten-free dessert is creamy, delicate, and perfect for any occasion.

15	25	40	4	Easy
HAZIRLIK DK	Pİ?İRME DK	TOPLAM DK	PORSİYON	ZORLUK

Muhallebi

Malzemeler

- 4 cup milk
- 3 tbsp rice flour
- 1 cup granulated sugar

Yapılış

- Prepare the rice flour mixture**

Whisk 3 tablespoons rice flour with 1 cup cold milk in a small bowl until completely smooth with no lumps remaining.
- Heat the milk**

Pour the remaining 3 cups milk into a heavy-bottomed saucepan and heat over medium heat until steaming and small bubbles form around the edges, about 5-7 minutes.
- Cook the pudding**

Slowly pour the rice flour mixture into the hot milk while whisking constantly to prevent lumps from forming.
- Reduce heat to medium-low and cook for 15-20 minutes, stirring constantly with a wooden spoon, until the mixture thickens enough to coat the back of the spoon and leaves a clear line when you run your finger across it.**
- Add 1 cup sugar and continue cooking for 2-3 minutes while stirring until the sugar completely dissolves and the pudding is smooth.**
- Cool and chill**

Remove from heat and let cool at room temperature for 30 minutes, stirring every 10 minutes to prevent a skin from forming on top.
- Pour the pudding into 4 individual serving bowls or one large serving dish.**
- Refrigerate for at least 2 hours until completely chilled and set before serving.**

İpuçları

Use full-fat whole milk for the richest, creamiest texture. Low-fat or skim milk will result in a thin, less satisfying pudding that lacks the luxurious mouthfeel muhallebi is known for.

Whisk the rice flour with a small amount of cold milk first to create a smooth slurry before adding it to the pot. This prevents lumps from forming and ensures even distribution throughout the mixture.

Maintain medium-low heat throughout cooking and never stop stirring. High heat will cause the milk to scorch and create an unpleasant burnt flavor that will ruin the delicate taste.

Test for proper thickness by coating the back of a wooden spoon with the mixture—it should cling without immediately running off. The pudding will continue to thicken slightly as it cools.

Strain the finished muhallebi through a fine-mesh sieve if any lumps form during cooking. This extra step ensures the silky-smooth texture that defines perfect muhallebi.

Cool the pudding at room temperature for 30 minutes before refrigerating to prevent condensation from forming on the surface, which can create an unappetizing skin.

Cover individual servings with plastic wrap pressed directly onto the surface to prevent skin formation during storage. This keeps the top layer as smooth as the rest of the pudding.