

# Apricot Risotto Soufflé

Greek rice pudding with apricots, aka Verikokko Glykismo. The original recipe is from *The Greek Mama's Kitchen*. After making this dish, by stirring the short rice in hot milk for 17 minutes and then baking the mixture with egg yolks and beaten egg whites, I decided to call my version a risotto souffle! I altered the recipe by using arborio rice, local Ann Arbor honey from By the Pound, a mixture of skim milk and heavy cream instead of whole milk and light cream; and added triple sec to the orange juice soaking liquid. I also increased the volume by 1/3 to fit the 8" souffle dish that I have instead of the 7" dish the recipe calls for. If you double this recipe, it fills a 9"x13" dish.



## Ingredients:

- 1 1/3 cup dried apricots
- 1 large orange
- 1/4 cup triple sec
- 5 Tbsp. arborio rice
- 1 1/3 cup skim milk
- 1 1/2 cup heavy cream (divided)
- 1/8 tsp. salt
- 2 Tbsp. sugar
- 3/4 tsp. vanilla

- 5 Tbsp. unsalted butter (divided)
- 6 Tbsp. honey
- 4 eggs
- Sprig of mint

## Equipment:

- Sieve
- 8" souffle pan
- Stand mixer with whisk

☑	Directions	Time (min)	
	Quarter 1 1/3 cup of dried apricots	2	
	Zest the orange and add to the apricots	1	
	Extract the juice from the orange	1	
	Add orange juice and 1/4 cup triple sec to the apricots. Set aside to marinate.		
	Separate 4 eggs. Put whites in a stand mixer bowl	2	1 hr. 16 min. +44m
	Pour 2" of water into a pan and bring to a boil. Stir in 5 Tbsp. rice and remove from the heat.	5	
	Drain the rice through a sieve	1	
	In a medium heavy saucepan, heat 1 1/3 cup milk plus 3/4 cup cream over low heat until warm	3	
	Stir in the rice and 1/8 tsp. salt	1	
	Simmer until smooth and creamy. Watch for boil-over. Stir frequently.; Preheat oven to 325 degrees	17	
	Stir in 3/4 tsp. vanilla, 2 Tbsp. sugar, and 4 Tbsp. butter	1	
	Rub 1 Tbsp. butter on the bottom and sides of an 8" souffle dish	1	
	To the souffle dish, add 6 Tbsp. honey and tilt to coat the bottom of the dish. (Heat if necessary)	1	
	In a small bowl, beat the egg yolks until frothy	2	
	Stir a 1/4 cup of hot rice liquid into egg yolks	1	
	Stir egg yolks into the rice with 3/4 cup cream	1	
	Using a stand mixer, whip the egg whites until stiff	5	
	Stir one-third of the egg whites into the rice along with the apricots and soaking liquid	1	
	Lightly fold remaining egg whites into the rice	1	
	Pour mixture into the buttered dish. Bake	45	
	Allow to cool to room temperature	30	
	Garnish with a few mint leaves	1	
	Total	3 hrs. 17 min	