

Studio 5

Friday, September 7, 2007

“Galopita (Greek Custard)”

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Dairy Farmers of Utah

In the late 1990's Sophie Saltas, of Salt Lake City Utah shared with me this wonderful recipe. It is a traditional dessert served annually at the Greek Festival in September. The creamy custard texture is enhanced by the lemon and cinnamon syrup basted over top. I have adapted her recipe for home use. Fat and sugar may be reduced but rather than sacrifice quality and flavor I suggest enjoying small proportions. Makes one full 9x13 inch pan, serves approximately 20

Ingredients:

- 6 cups whole milk
- 3/4 cup real butter, 1 1/2 sticks
- 3 1/2 cups sugar, divided
- 1 1/4 cups uncooked cream of wheat (2 1/2 min cooking)
- 7 eggs, large or extra large size
- 2 teaspoons vanilla extract
- 1 3/4 cups hot water
- 1 stick cinnamon
- 1/2 lemon, cut into wedges
- ground cinnamon, optional garnish
- maraschino cherries, optional garnish

Method:

Preheat oven to 375 degrees. Butter sides and bottom of a 9x13 pan, set aside.

Warm milk in large heavy pan; add 1 1/2 cups sugar and butter. Heat over medium high heat, stirring frequently to prevent scorching, bring to a boil (do not allow milk to boil over). Remove pan from heat and gradually stir in cream of wheat. Stir rapidly to prevent lumping. Return pan to medium heat, stirring constantly, bring back to a full rolling boil. Boil 1 minute. Remove from heat. Stir occasionally while cooling slightly (stirring prevents lumps and a thick crust forming on top). Mixture will continue to thicken as it cools.

While cream of wheat is cooling, beat eggs and vanilla until very frothy and thick. Gradually stir eggs into still warm custard mixture. Continue to stir custard until eggs are thoroughly mixed. Pour custard mixture into prepared pan; smooth and lightly shake to level custard. Bake 40-50 minutes or until a tooth pick inserted in center comes out clean and the color is golden brown.

While custard is baking, prepare syrup by combining 2 cups sugar and 1 3/4 cups hot water. Partially squeeze lemon wedges in syrup then drop wedge into syrup. Break stick of cinnamon in half and add. Bring to a boil, stirring frequently to dissolve sugar. Once mixture boils and sugar is dissolved, reduce heat to low. Cover and cook, to 210-218 degrees (syrup cooked to this stage will fall in a thin stream from a cold spoon).* Discard lemon and cinnamon.

Remove cooked custard from oven and baste with warm syrup. Start basting edges and corners first, syrup will puddle to the center. Syrup will soak into custard as custard cools. It may take a few minutes to completely add syrup. Cool. Sprinkle with ground cinnamon. Cut into squares or diamond shapes and serve with a maraschino cherry, if desired.

Notes:

* To cook syrup in microwave - cook on high 5 minutes, stirring 3-5 times to dissolve sugar. On high, bring to a boil (reduce heat to medium or low (hot enough to keep syrup simmering) cook 15-20 minutes.

Nutrition Facts	
Serving Size 1 square	
Servings Per Container 20	
Amount Per Serving	
Calories 310	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 6g	32%
Cholesterol 105mg	34%
Sodium 130mg	5%
Total Carbohydrate 47g	16%
Dietary Fiber less than 1 gram	2%
Sugars 38g	
Protein 6g	
Vitamin A 10%	Vitamin C 4%
Calcium 10%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	