



Rice Pudding

Ingredients:

- 1 cup arborio (risotto) rice
- 2 1/2 cups whole milk
- 1 cup heavy cream
- 1 cinnamon stick
- 3 strips of lemon zest (approx 3-4" in length each)
- 3/4 cup sugar
- 1/2 teaspoon vanilla extract

Instructions:

Fill a medium saucepan with water and bring to a boil. Add the rice and cook for 3 minutes. Drain the rice and return it to the saucepan. Add the milk, cream, cinnamon stick and zest. Bring to a simmer and then reduce heat to low and cook for about 25 minutes, until the rice is very tender (it will still look a little soupy, that's ok as the rice will absorb more liquid as it sits). Stir in the sugar and vanilla and remove the pan from heat. Discard the cinnamon stick and zest. Pour the pudding into a 9x13 inch baking dish (or any large dish that will allow the pudding to be spread out to cool). Press plastic wrap directly onto the surface of the pudding to prevent a skin from forming and refrigerate until chilled, preferably 2-3 hours.

When ready to serve, distribute the pudding evenly between 6 ramekins or small glasses. Garnish with a sprinkle of cinnamon and/or fresh fruit of your choice.

Serves 6.