

ARROZ CON LECHE

RICE PUDDING



Ingredients

1 cup long-grain white rice, uncooked
2 cups whole milk
2 cups heavy cream
1/3 cup sugar
2 tablespoons unsalted butter
1 cinnamon stick (extras for garnish if desired)
Zest of 1 lime*
2 large egg yolks
Ground cinnamon
Ground nutmeg (optional)

Equipment

Measuring cup(s) and spoons
Colander
1 medium and 1 large saucepan
1 stirring spoon and 1 slotted spoon
Zester or grater
Whisk
Small bowl
Serving bowl(s) (either 1 large or 6 small individual nonmetal bowls)
Plastic wrap or aluminum foil

* In Mexico, *limón* refers to a small, green fruit, similar to the limes found in the United States. However, in many other Spanish-speaking countries, it refers to the larger, yellow lemon. You can use either limes or lemons in *arroz con leche*. Both taste delicious!

Note: This recipe requires the use of a hot stove and should be made with adult assistance and supervision.

1. **POUR** the rice into a colander and rinse it with cold water. Thoroughly strain the rice to remove excess water.
2. **HEAT** the milk to boiling in a medium saucepan. Stir in the rice. When the milk has reached a boil again, cover the saucepan and reduce the heat to low for 15 to 20 minutes. The rice should simmer until most, but not all, of the milk is absorbed. Continue to the next step, but take the rice off the heat when it finishes cooking.
3. While the rice is cooking, **COMBINE** the heavy cream, sugar, butter, cinnamon stick, and lime zest in a large saucepan and bring the mixture to a simmer. Stir frequently over medium to medium-low heat for approximately 20 to 25 minutes as the cream mixture begins to thicken. Using a slotted spoon, remove the cinnamon stick. Remove the saucepan from the heat.
4. **STIR** the rice into the cream mixture in the large saucepan.
5. **BEAT** the egg yolks in a small bowl with a whisk. Gradually raise the temperature of the egg yolks by slowly spooning in and whisking 3 tablespoons—one at a time—of the hot rice/cream mixture.
6. **STIR** the egg-yolk mixture into the remaining rice/cream mixture in the large saucepan and heat over low for 2 to 3 minutes.
7. **POUR** the rice pudding into a large nonmetal serving bowl or divide it into 6 individual nonmetal serving bowls. Cover the bowl(s) with plastic wrap or aluminum foil and allow the pudding to cool and thicken in the refrigerator for 30 minutes.
8. **REMOVE** the rice pudding from the refrigerator. Lightly sprinkle the pudding with ground cinnamon before serving. Optional: Sprinkle ground nutmeg and/or garnish each bowl with a cinnamon stick.

RECIPE MAY BE MADE A DAY IN ADVANCE.

