

## Dorie Greenspan's Arborio Rice Pudding

Author: Corrected recipe from Dorie Greenspan, *Baking: From My Home to Yours*

Carolyn T's  
Main Cookbook

**Servings: 4**



1. Pour the rice and water in a heavy-bottomed saucepan and bring to a boil. Lower the temperature and cook the rice, uncovered, for 10 minutes. Drain the rice in a strainer and rinse it; set aside.
2. Rinse out the saucepan, then pour in the whole milk, stir in the sugar, and set the pan over medium heat. When the milk mixture boils, stir in the parboiled rice. Reduce the heat to low and let the mixture bubble away gently, stirring occasionally, for about 50-60 minutes. As the pudding gets close to done, the rice kernels will be visible in the boiling milk- you'll see them floating under the top layer of milk. The pudding won't be thick- that's okay as it will thicken in the refrigerator - but the rice will be soft and it will have absorbed 80 to 90 percent of the milk.
3. Remove the pan from the heat and decide what flavor you'd like the pudding to be - add either the vanilla or chocolate and stir gently until it is fully blended in to the pudding.
4. Pour the pudding into a serving bowl or into individual cups or bowls. Press plastic wrap against the surface of the pudding to prevent it from forming a skin, and refrigerate for at least 6 hours, until thoroughly cold.

**1/2 cup arborio rice**

**2 cups water**

**3 1/4 cups whole milk (I used about a quarter half and half)**

**1/4 cup sugar**

**1 1/2 teaspoons vanilla extract (for the vanilla/white pudding)**

**1 1/2 ounces bittersweet chocolate (if making the chocolate type)**

*Serving Ideas: I don't really recommend combining the two types in a single serving - the chocolate flavor overpowers the vanilla. Do one or the other. Both are good.*

**Blog: Carolyn T's Blog:**

<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 259 Calories; 7g Fat (23.3% calories from fat); 8g Protein; 41g Carbohydrate; 0g Dietary Fiber; 27mg Cholesterol; 105mg Sodium. Exchanges: 1 Grain(Starch); 1 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.*