
Very Creamy Vanilla Rice Pudding

KAF Baking Banter, 1/2013 (Mary Jane Robbins)



2 cups whole milk
1 cup heavy cream, divided
1/4 cup sugar
1/2 cup Arborio rice, or sushi rice
1/2 teaspoon vanilla extract, King Arthur Pure Vanilla Extract preferred
1/2 teaspoon vanilla extract, Vanilla Bean Crush or King Arthur Pure Vanilla Plus
1 pinch salt

Desserts

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 6

1. Place the milk, 3/4 cup cream, sugar, rice, and vanilla extract in a medium-sized saucepan over medium heat.
2. Bring to a simmer and cook, stirring frequently, for 30 minutes, until thickened. This is very similar to cooking risotto.
3. Taste the rice to ensure it's done. You want a firm bite, but no crunchy center to the kernel. Remove from heat as soon as it reaches that perfect time.
4. Stir in the remaining 1/4 cup cream and the Vanilla Bean Crush or Pure Vanilla Plus, along with a pinch of salt. The pudding will firm up as it cools.
5. Serve warm; or refrigerate, well covered, and serve chilled. Sprinkle with a touch of ground cinnamon, if desired. 1/2 cup servings are sufficient. Stir in additional milk if the pudding is too thick.

Yield: 2 cups

Per Serving (excluding unknown items): 277 Calories; 17g Fat (56.3% calories from fat); 5g Protein; 26g Carbohydrate; 0g Dietary Fiber; 65mg Cholesterol; 80mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Non-Fat Milk; 3 1/2 Fat; 1/2 Other Carbohydrates.