Heavenly Rice Pudding

Adapted from Simply Recipes blog 10/09

Internet Address: http://simplyrecipes.com/recipes/rice_pudding/



3 1/2 cups 2% low-fat milk

2 cups half and half

3/4 cup converted rice

2 pinches salt

1/2 whole cinnamon stick

2 large eggs

1/4 cup dark brown sugar

2 teaspoons vanilla extract

1/2 teaspoon ground cinnamon

1/4 teaspoon freshly ground nutmeg

1/2 cup raisins

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

Servings: 6

1. In a medium-sized, heavy-bottomed saucepan, bring the milk, rice, cinnamon stick and salt to a boil over high heat. Reduce heat to low and simmer until the rice is tender, about 20-25 minutes. Stir frequently to prevent the rice from sticking to the bottom of the pan. Remove scum from top of milk if any forms (and discard). Remove and discard the cinnamon stick.
2. In a small mixing bowl, whisk together egg and brown sugar until well mixed. Add a half cup of the hot rice mixture to the egg mixture, a tablespoon at a time, vigorously whisking to incorporate.
3. Add egg mixture back into the saucepan of rice and milk and stir, on low heat, for 10 minutes or so, until thickened. Be careful not to have the mixture come to a boil at this point. Stir in the vanilla, ground cinnamon and nutmeg. Remove from heat and stir in the raisins. Serve warm or cold.

Per Serving (excluding unknown items): 364 Calories; 14g Fat (33.7% calories from fat); 12g Protein; 49g Carbohydrate; 1g Dietary Fiber; 111mg Cholesterol; 177mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 1 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.