

Arroz on Leche

Serves 10

Ingredients:

Two 3-inch (8 cm) cinnamon sticks
4 cups (1 L) whole milk, divided
½ cup (100 g) Arborio rice
2 tablespoons (30 g) sugar
One 14-oz can (396 g) sweetened condensed milk
2 yolks
Ground cinnamon to garnish

Directions:

1. Punch the cinnamon stick on a cutting board with the flat side of a chef's knife to break it up lightly.
2. In a large saucepan, combine 3 cups of the milk, rice, sugar, and cinnamon sticks. Bring to a boil then reduce the heat. Simmer uncovered, stirring occasionally with a wooden spoon, making sure none of the rice is stuck on the bottom, until the rice is cooked, about 20 minutes. Remove from the heat.
3. In another saucepan simmer the sweetened condensed milk and the remaining 1 cup milk.
4. In a medium bowl whisk the yolks. Pour a little of the condensed milk to temper, whisk well, then return everything back to the saucepan. Cook on low heat, stirring slowly and constantly with a wooden spoon, until the mixture just begins to boil, about 5 minutes. Gather the mixture from the two pans and continue to cook stirring constantly with a wooden spoon, without letting it come to a boil, another 5 minutes.
5. Transfer the rice pudding to a bowl. You'll be tempted to taste it now, but if you do, the rice will seem slightly sweet and too loose. Chill for at least 6 hours. The cinnamon stick will continue to impart flavor, remove it just before serving. Pour the pudding into a serving bowl, or divide among individual bowls, lightly sprinkle ground cinnamon on top, and serve.

Nutrition information (1 serving)

Calories 247; Fat 7 g; Saturated fat 4 g; Cholesterol 57 mg; Sodium 84 mg;
Carbohydrates 38 g; Fiber 0 g; Protein 7 g