

Creamy Rice Pudding

Ingredients

- 100 grams short-grain rice (such as Arborio or Calasparra)
- 1 litre whole milk
- 75 grams caster sugar
- 1 strip of lemon peel
- 1 cinnamon stick
- A pinch of salt
- Optional: ground cinnamon for dusting

Preparation time

- Active time: 45 minutes
- Inactive time: 5 minutes

Utensils needed

- Heavy-bottomed saucepan
- Wooden spoon or spatula
- Serving bowls

Preparation instructions

1. Place the rice in a sieve and rinse it under cold running water until the water runs clear.
2. In the heavy-bottomed saucepan, combine the rinsed rice, whole milk, caster sugar, lemon peel, cinnamon stick, and the pinch of salt.
3. Bring the mixture to a gentle simmer over a medium heat, stirring occasionally to prevent the rice from sticking to the bottom.
4. Once simmering, reduce the heat to low. Cook for 35-45 minutes, stirring frequently, until the rice is tender and the pudding has thickened to a creamy consistency. The pudding will thicken more as it cools.
5. Remove the saucepan from the heat. Carefully take out and discard the lemon peel and cinnamon stick.
6. Let the pudding rest for about 5 minutes.
7. Serve warm in individual bowls, with a dusting of ground cinnamon on top if desired.

Number of servings

- 4 servings

Nutritional information (per serving)

- Calories: Approximately 350-400 kcal
- Fat: 10g
- Carbohydrates: 55g
- Protein: 10g
- Sugar: 25g

(Note: Nutritional information is an estimate and can vary based on the specific type of milk and rice used.)

Allergen information

- Contains: **Milk.**