

* 예취플레이드 : 감자 껍질 깎고 적당한 크기로 썰어 물과 함께 삶는다. 다 삶기면 냄비에 있는 물 따라내고 감자 식으면(2주) Mixer로 돌린다. 거기에 버터, 우유, 소금, 후추 넣어 Mix 한다.

Rice Pudding

Many early cookbooks include not one but several recipes for rice pudding. There are straight forward recipes for plain rice pudding-similar to ours-that bake in about an hour. There are recipes for rice plum pudding with raisins or currants and for boiled rice pudding that steams in a pudding mold for two hours. There is even farmers' rice pudding, which uses no eggs at all but contains rich cream. In American Cookery, Amelia Simmons instructs her readers to bake rice pudding for at least one and one half hours, either in a buttered dish or in one that is lined with puff pastry.

4	Cups milk
1/2	Cup regular long-grain rice
1/2	Cup sugar
1/4	Teaspoon salt
1	Large egg
1	Teaspoon vanilla extract

1. In heavy 4-quart saucepan, combine milk, rice, sugar, and salt; heat to boiling over medium-high heat. Reduce heat; cover and simmer, stirring occasionally, until rice is very tender, about 1 hour.
2. In small bowl, lightly beat egg; stir in 1/2 cup hot rice mixture. Slowly pour egg mixture back into rice mixture, stirring rapidly to prevent curdling. Cook, stirring constantly, until rice mixture has thickened, about 5 minutes (do not boil or mixture will curdle). Remove from heat; stir in vanilla. Serve warm, or spoon into medium bowl and refrigerate until well chilled, about 3 hours.

Rich Rice Pudding

Prepare and refrigerate as directed. In small bowl, with mixer at medium speed, beat 1/2 cup heavy or whipping cream until soft peaks form. With rubber spatula, gently fold into rice pudding. Refrigerate until ready to serve, up to 4 hours. Makes 8 servings

- 끓인 냄비에 밥 (안양미가호). 우유, 설탕, 소금, 버터 센불에서 끓이면 약한불로 줄여 1시간 끓인다
- 그릇에 계란 풀어 쪼그 냄비에 끓인거 1/2 cup을 떠서 계란그릇에 섞어서 그걸 다시 냄비에 넣어 빨리 끓인다. 이때 불은 ~~완전~~ 약한불 5분.
- 시나몬 1/2 teaspoon 넣어 쪼그 불 끈다. 그리고 바닐라액 넣어 쪼그다.
- 식혀서 그릇에 얹어내고 위에 시나몬스틱 잠깐 부셔 올려도 된다
- 냉장고에 넣었다 빼도 된다.

