

# Rice Pudding

**easy and deliciously creamy rice pudding (arroz con leche) is a no fail one pot recipe with minimal ingredients and only 3 steps! an old reader favourite.**

Creamy, soft rice pudding filled with a hint of vanilla and cinnamon and juicy sultanas (raisins). The ultimate comfort food! Find out how to make old fashioned rice pudding right at home with our popular family recipe. It gets rave reviews from everyone we serve it to.

The best rice pudding recipe you'll ever eat!

## old fashioned rice pudding

When made the wrong way, rice pudding can be bland, lacking in flavour and awful in texture – but the way my Colombian mother taught me is a no fail recipe for a successfully creamy pudding so full of flavour. While filling, it's so addictive that one bowl is never enough.

## how to make rice pudding

Since posting this recipe over four years ago, we have seen some interesting recipes for rice pudding. Some use water instead of milk, or rinse the rice before cooking, or even add eggs into a cream mixture. Others call for two or three pots?  
\*Insert shrug\*

I like to stick with what has worked in my family for decades... an easy recipe passed on to my mother from generations above her. Our pudding (or Arroz Con Leche) is so easy! Throw all ingredients into a pot, and stir occasionally while cooking until perfectly thick and creamy.

The starch that releases into the milk from the rice ensures the unforgettable creamy texture.

## ingredients for rice pudding

With a handful of easy-to-find ingredients, you're minutes away from the best pudding of your life.

- **Medium grain rice** – adds just the right amount of creaminess. Do not use long grain rice or short grain in this recipe, as the texture will be altered.
- **Milk** instead of cream or water. You can use full fat, low fat or skim. Almond milk also works.
- **White sugar** – regular or super fine. A good quality sweetener can be used to replace sugar if you wish (Swerve or Natvia).
- **Ground cinnamon** or a cinnamon stick. Personally, I prefer ground cinnamon.
- **Pure vanilla extract** provides the right taste in the cream. Please don't be tempted to use vanilla essence.
- **Raisins (Sultanas)** are optional. You could replace them with chopped dates or leave out the fruit if you wish.
- **Condensed milk** – my mother's secret weapon. It adds that *something extra* to the flavour to the pudding.
- **Unsalted butter**. The one ingredient that will *never* be optional for us. Try it. You'll see what I mean.

## can you make rice pudding with cooked rice?

You, you can, but you will need another recipe for that version. This recipe is made from scratch and is much creamier and tastier than cooked rice versions, as the rice is being cooked right in the cinnamon and vanilla flavours added into the milk.

We always make sure there are some leftovers for breakfast...hot

or cold.

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## **Ingredients**

- 6 cups milk, (full fat, low fat or skim)
- 1 cup medium grain rice
- 1/4 cup white granulated sugar
- 2 teaspoons ground cinnamon (or 1 cinnamon stick)
- 2 teaspoons pure vanilla extract
- 1/4 cup raisins (or sultanas) (optional)
- 1/2 cup condensed milk (optional)
- 2 tablespoons unsalted butter (optional)

## **Instructions**

- Combine the milk, rice, sugar, cinnamon, vanilla and raisins (sultanas) in a large saucepan. Bring to a boil over medium-high heat, mixing occasionally.
- Reduce heat to low and cook, stirring occasionally while scraping the base and sides of the pan with a wooden spoon, until thick and creamy (about 15-20 minutes).
- Once rice is soft and cooked through, mix in the condensed milk and butter. Add 1/4 cup extra milk ONLY if needed to achieve your desired consistency.
- Pour the rice among serving bowls; sprinkle with extra ground cinnamon (or cinnamon sugar), and raisins (or sultanas). Serve immediately.

## **Nutrition**

Calories: 345kcal | Carbohydrates: 52g | Protein: 9g | Fat: 10

g | Saturated  
Fat: 6g | Cholesterol: 32mg | Sodium: 105mg | Potassium: 372mg  
| Fiber: 1g | Sugar: 26g | Vitamin A: 435IU | Vitamin  
C: 0.7mg | Calcium: 267mg | Iron: 1.5mg

source : [cafedelites.com](http://cafedelites.com)

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