Arroz con Leche

Description

Abuela's rice pudding--nothing more needed!

Summary

Yield: 6
Prep Time: 45 minutes

Ingredients

- 1/2 cup short grain rice (valencia)
- 7 cups milk
- 1/4 cup sugar
- 1/8 tsp salt
- rind of 1/4 persian lime, cut into strips (you can substutute lemon)
- 1/8 tsp anise grains
- 2 cinnamon sticks
- powdered cinnamon, to taste.

Instructions

Rinse the rice, drain and add to a heavy saucepan. Add 4 cups of the milk.

Cook over medium-low heat, uncovered, stirring occasionally, for about 2 hours, until the grains of rice "bloom '.

Gradually stir in the remaining 3 cups of milk and simmer over low heat for about another hour. When the rice is very tender, stir in the sugar, salt, cinnamon sticks, lime rind and anise. Continue stirring and simmering until the texture is creamy and smooth and the rice grains have almost disintegrated. Remove the cinnamon sticks.

Pour into serving dishes and sprinkle with additional cinnamon. Refrigerate to chill.

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