




French rice pudding

Riz – au – lait

 6-8 people

 5 mins prep time

 60 mins total time

 Easy

INGREDIENTS

- 4 1/2 cups (1 + liter) of whole milk
- 2/3 cups (120 g) white round rice
- 1/3 cups (70 grams) sugar
- 1 tablespoon vanilla extract
- pinch of salt
- Optional: the zest of one lemon or orange



DIRECTIONS

1. Mix the milk, sugar, and salt together in a pot on medium heat, stirring occasionally until it comes to a boil.
2. Once it begins to boil, add the rice and mix.
3. After, simmer on low heat and stir frequently, scraping the bottom and sides of the pot so that it does not burn or stick together.
4. It will take between 40-50 minutes for the rice to become tender. Once there is a very thin milk layer over the rice, and the rice is soft, turn off the heat. The texture should resemble creamy oatmeal.
5. Gently stir in the vanilla extract and/or the citrus zest.
6. Let the rice pudding sit for at least an hour to let the flavors continue to be absorbed into the rice.
7. Serve in small bowls, sprinkled on top with some cinnamon.
8. This is wonderfully eaten warm or cold and preserves in the frig for about 3-5 days.

Bon Appetit!
Emilie Anne 

