

Rice Pudding



Makes:

10 servings, 1 cup each

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover

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Contributed By:

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Recipe Description:

Arroz con Leche or Rice Pudding is a very popular dessert in Latin America and Spain. With a special Saladmaster touch - lime zest - this recipe is sure to become a regular in your recipe collection. Plus, it's super easy to prepare.

1
cup
rice
(190
g)
3

cups
water
(700
mL)

2

sticks
cinnamon

6

cups
milk
(1.4
L)

2

cups
heavy cream
(475
mL)

¹?₂

cup
sugar
(100
g)

¹?₂

cup
raisins
(73
g)

2

limes, zest only, shredded, use Cone #1

¹?₂

teaspoon
vanilla extract
(2.5
mL)

¹?₂

teaspoon
ground cinnamon
(1
g)

Directions:

1. Add rice, water and cinnamon sticks to roaster and cook over medium heat. When Vapo-Valve? clicks, reduce to low and cook until the rice has absorbed the water, approximately 15 minutes.
2. Add milk, heavy cream, sugar, raisins, lime zest and vanilla extract.
3. Cook rice for approximately an hour, or until thickened, over low heat. Stir occasionally.

4. Let stand to cool. Garnish each serving with ground cinnamon.

Nutritional Information per Serving

Calories:

298

Total Fat:

12g

Saturated Fat:

7g

Cholesterol:

45mg

Sodium:

73mg

Total Carbs:

42g

Dietary Fiber:

2g

Sugar:

22g

Protein:

7g