

STOVE COOKED RICE PUDDING



TIPS:

1. **Foundational recipe:** What you see here is an easy to make foundational rice pudding recipe. But, really, the **coolest thing** about making rice pudding is letting your imagination rip to vary the flavor to suit your taste, mood, and/or nutritional need - all very easily.
2. **What kind of rice to use:** Most rice pudding recipes call for short grained white rice. Fine. I'm using brown rice for its more distinct flavor, texture and higher fiber content

than white rice. Use any brown or white rice you feel comfortable using.

Preparation Time: 5-7 minutes

Cooking Time: 40 minutes - 1 hour, depending on type of rice

Needed
(per person)

1 Cup Rice

3 Cups Milk (I'm using 2% milk for a less heavy but still fully flavorful rice pudding)

2-3 Tablespoons Sugar

2-3 Teaspoons Vanilla Extract

1/2 Teaspoon Ground Cinnamon

1 Egg

1/2 Teaspoon Salt

Dried Cranberries (optional - can be substituted by any dried fruit)



Equipment

Medium Sized Pot with Top
Measuring Cup
Tablespoon
Teaspoon
Fork



1. Measure and pour 1 cup of rice into a medium sized pot on the stove.



2. Measure and add 3 cups milk.



3. Add:

2-3 tablespoons sugar (2 tablespoons sugar worked for me - you can always start with less sugar and add more to taste later)



2 - 3 teaspoons vanilla extract (I started with 2 teaspoons and ended up adding another teaspoon later to taste)



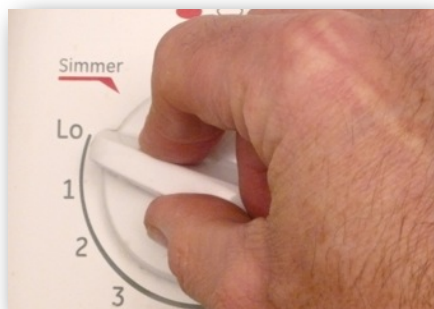
1/2 teaspoon ground cinnamon



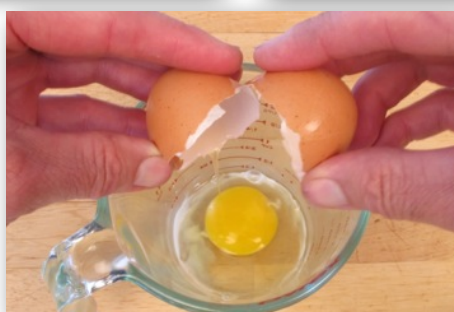
4. Turn on the burner to **HIGH** heat, stir the ingredients in the pot every minute or so to keep the milk from scalding to the pot bottom, and cook until the **milk** comes to a bubbling boil as shown in third picture below. Then,...



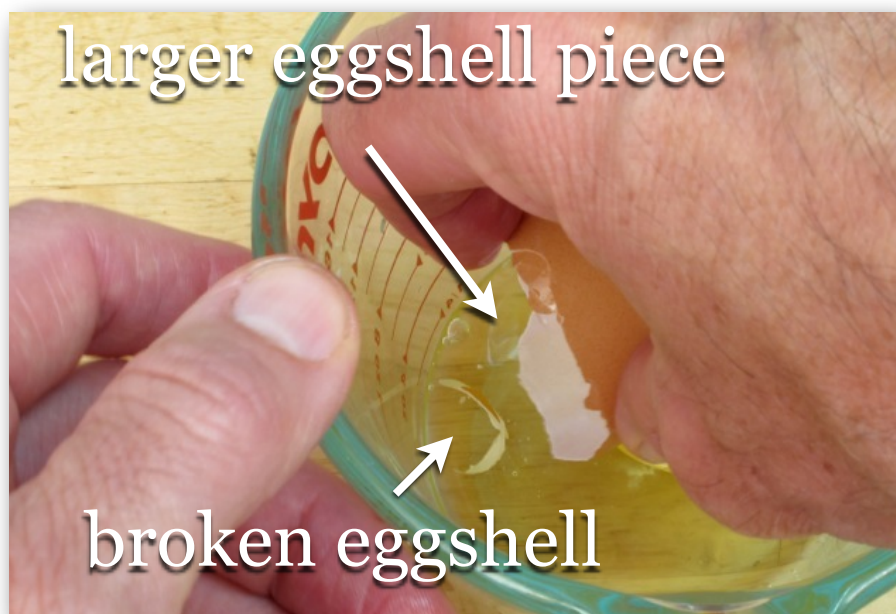
...turn the burner heat down to **LOW**, cover the pot with the top - making sure to allow some space between the pot and top for steam to escape (to prevent boil-over) - and set a timer for 45 minutes.



5. While the **rice** cooks, crack and break an **egg** into a measuring cup.



TIP: To remove a piece of broken eggshell from the measuring cup, no problem: just use a larger piece of eggshell to attract and scoop up the smaller eggshell piece.



6. Add $\frac{1}{2}$ teaspoon salt (or as much as shown in the palm of your hand), and stir the egg until the yolk and egg white are well mixed together.



7. Uncover and stir the pot on the stove every 10 minutes or so, and remove any **milk skin** from the surface - if it forms - with a spoon.



8. When the timer sounds, check the **rice** for doneness. The **rice grains** should be soft, not crunchy, when chewed. If, however,...



...your **rice** isn't yet soft - mine sure wasn't after 45 minutes - add a **good shot of milk**, and keep cooking at 5-10 intervals until the **rice** is cooked through and soft to the chew (mine took an additional 10 minutes to cook through).



9. When the **rice** is cooked through, add the **beaten egg** and stir it into the **rice pudding** for about 2 minutes. Then...



...turn the stove burner off, and move the pot to a cool burner to sit for at least 10 minutes.



10. Serve the **cooked rice pudding** either warm as is or...



...with your choice or a combination of a **shake of ground cinnamon** and/or **dried cranberries** (or any other dried fruit).



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