

A SENSE OF SPAIN

RECIPE

Arroz con Leche

SERVINGS: 4

Ingredients

1 c. water
1 t. vanilla extract
1 cinnamon stick
peel of 1 orange
1 c. short grain rice
5 1/2 c. whole milk
3 1/2 T. butter
1 c. sugar (or to taste)
additional sugar for brûlée (optional)

Source: Amanda W. Dotseth family recipe

Directions

1. Combine water, vanilla, cinnamon stick, orange peel, and rice in a saucepan; bring to a boil, then reduce to a simmer until water has been fully absorbed. As the mixture thickens, be careful that the rice does not stick to the bottom of the pan.
2. In a separate saucepan, bring the milk to a boil, then add the rice mixture. Reduce heat to MED-HI and stir continuously with a wooden spoon until the consistency of the mixture is like heavy cream.
3. Once the mixture has thickened, add the butter little by little. (It will thicken quickly.) Once thickened, remove from heat and stir in up to 1 c. sugar to taste.
4. Remove the cinnamon stick and orange peel. (The cinnamon stick and orange peel can be removed sooner; the key is to remove before they break apart.) Spoon the mixture into 4 oz. individual jars or ramekins.
5. If a brûlée top—typical in Asturias—is desired (only if using oven-safe ramekins, not glass jars), top each with 1 to 2 tablespoons sugar (enough to cover thickly). Set on a baking sheet and slide under broiler. Broil puddings, watching closely, until tops are caramelized and golden, 4 to 5 minutes. (Alternatively, caramelize the sugar using a kitchen-style blowtorch.)

Find more recipes like this at meadowsmuseumdallas.org/a-sense-of-spain/