

PRESIDENT ULYSSES S. GRANT

RICE PUDDING

4
SERVINGS

5 MINS
PREP TIME

25 MINS
COOK TIME

INGREDIENTS

- 1 egg, large
- ¼ cup granulated sugar
- 1 teaspoon vanilla extract
- Pinch of cinnamon
- 2 cups whole milk
- ½ cup heavy cream
- ⅓ cup short grain rice
- Pinch of salt

INSTRUCTIONS

1. In a small bowl, add the egg, sugar, vanilla extract, and cinnamon. Whisk until blended. Set the bowl aside.

2. In a medium-sized saucepan, add the heavy cream, milk, rice, and salt. Bring to a boil. Once boiling, reduce the heat to low and simmer until the rice is tender after 20–25 minutes. Stir frequently to prevent the rice from sticking to the bottom of the pan.

3. After the rice has simmered and is tender, add about half a cup of the hot rice mixture to the egg mixture. Whisk quickly to temper the egg mixture.

RICE PUDDING



INSTRUCTIONS (CONTINUED)

4. Add the egg mixture to the saucepan that has the remaining rice mixture. Stir and continue to cook on a low heat for at least 5–10 minutes or until the pudding has thickened. Do not allow the pudding to come to a boil. Remove from the heat immediately. The pudding will thicken even more after a few minutes.

5. If desired, sprinkle with additional cinnamon and serve immediately.

NUTRITION PER SERVING (6 SERVINGS)

Calories 300 • Total Fat 16g • Saturated Fat 10g • Sodium 75mg • Total Carbohydrates 32g • Dietary Fiber 0g • Added Sugars 13g • Protein 7g

DIETITIAN'S NOTE

Use brown rice to add dietary fiber to the pudding (simmer for about 45 minutes) and opt for 1% milk or nonfat milk to reduce saturated fat.

Adapted from: The Historical Homemaker