

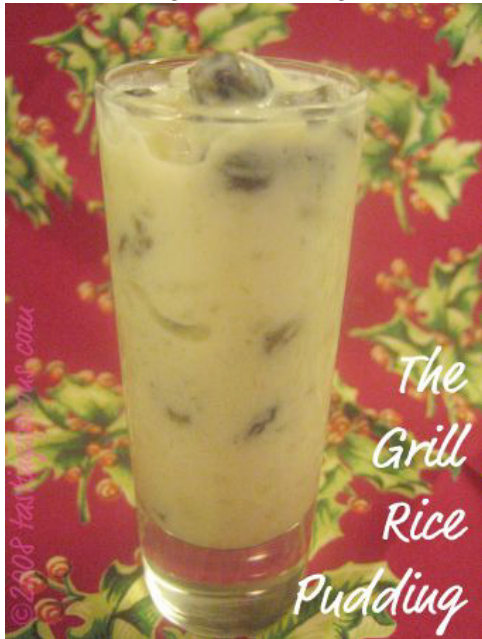
The Grill on the Alley Rice Pudding

Author: From The Grill on the Alley, Beverly Hills

Source: Los Angeles Times Magazine, October, 1988

Carolyn T's
Main Cookbook

Servings: 4



1. In a 1-gallon saucepan, place butter, milk, sugar, rice, vanilla bean and cinnamon stick. Bring to a boil (if you don't watch it, it will boil over in nothing flat), reduce heat and simmer 8 minutes, stirring every 2-3 minutes.
2. Combine egg yolk and water. Scoop about 1/2 cup of milk from the saucepan into the egg yolk (to temper it so it won't cook up like an egg) and stir. Add this to the saucepan and continue to simmer for 10 more minutes. Remove from heat and transfer to another container. Allow to cool, then chill, stirring every 8-10 minutes for awhile so the rice doesn't sink to the bottom.
3. Simmer raisins in water to cover (I plumped them for 3 minutes in the microwave instead). Let cool for one hour, then add to the pudding. Refrigerate for 2-3 hours, or until thickened to your satisfaction. Sprinkle with cinnamon on top. Make 4 half-cup servings.

- 2 tablespoons butter**
- 3 1/2 cups whole milk**
- 1/4 cup sugar**
- 1/2 cup short grain rice (like arborio)**
- 1 piece vanilla bean (1 1/2 inch)**
- 1 whole cinnamon stick**
- 2 tablespoons water**
- 1 whole egg yolk**
- 3/4 cup raisins**
- Ground cinnamon, for garnish**

Serving Ideas: When I served these there was a dessert array, so I put them in tall shot glasses with small demitasse spoons. It made for a very attractive tray.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 420 Calories; 15g Fat (30.2% calories from fat); 10g Protein; 65g Carbohydrate; 3g Dietary Fiber; 98mg Cholesterol; 171mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fruit; 1 Non-Fat Milk; 2 1/2 Fat; 1 Other Carbohydrates.