

Portuguese Style Rice Pudding



Ingredients*

- 1 and a half quarts (6 cups) of whole milk
- 1 cup of uncooked rice (for a thicker rice pudding add another 1/4 cup of uncooked rice)
- 1 cup of white sugar
- 2 eggs, beaten

*This recipe comes from San Miguel Island in the Azores archipelago. My mom and aunts always made rice pudding for any holiday. We have slightly modified it. Once you have learned how to make this quite delicious dessert, you will no longer want the store bought.

Serving size: 8-12

Preparation time: 60 to 75 minutes

Preparation

In a large saucepan over high heat combine the sugar and milk and stir. When bubbles start to form at the edge of the pan, stir in the rice and reduce the heat to medium-low*. Approximate cooking time is 60 to 75 minutes. Stir often, until the rice is tender. DO NOT ALLOW THE MIXTURE TO BOIL.

Once the rice is cooked, remove from heat and VIGOROUSLY stir in the beaten eggs, a little at a time. The eggs need to be well mixed into the rice mixture. Place the rice pudding in a clay or Pyrex eight inch or larger oval or round serving dish. Sprinkle cinnamon over the rice pudding for additional flavor and for decoration. Serve warm or chilled.

*Some stoves have a higher heat release than others, therefore you may have to reduce the heat to low-medium about 20 minutes after the rice is introduced.