

# Riz au Lait / Rice Pudding



Riz au lait is a well loved dessert here in France – so popular you can buy it in ready made yoghurt sized cartons in

different flavours – vanilla or rhum and raisin for example. My youngest loves this and it's so easy to make it has become a staple in our household. Its a perfect dessert or after school snack!

## **Ingredients :**

- 180g short-grain rice (almost oval or round in shape)
- 1 litre milk
- 100g sugar
- 1 vanilla pod

## **Method :**

1. Bring a large pan of water to the boil and cook the rice in it for 3 minutes.
2. Strain the rice
3. Cut the vanilla pod lengthways and scrape out the seeds.
4. Heat the litre of milk with the vanilla pod and the seeds
5. When the milk come to the boil add the rice cook over a low/medium heat for 25 minutes stirring occasionally
6. After 25 minutes add the sugar, mix well and continue cooking for another 5 minutes
7. Remove vanilla pods, pour into pudding bowls and allow to cool