

# Rice pudding (Riz au lait)

<b>Servings</b> 4	<b>Prep time :</b> 5min	<b>Cook time :</b> 45/50min	<b>Resting time :</b> 1h
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## Ingredients

- 1L of whole milk
- 120g of short-grain rice
- 60g of sugar
- 1 vanilla pod
- \*cinnamon (optional)

## Step by Step instructions

### *Combine Milk, Rice & Vanilla*

In a large saucepan, pour in the whole milk. Add the short-grain rice, granulated sugar, and both the vanilla pod and seeds. Bring to a gentle simmer over medium-low heat.

### *Simmer Gently*

Cook the mixture uncovered for 45–50 minutes, stirring every 5–10 minutes to prevent sticking and to encourage creaminess. You'll know it's ready when the rice is tender and the milk is thick enough to coat the back of a spoon.

### *Let it Rest*

Remove from heat and discard the vanilla pod. Pour the pudding into serving bowls or a large dish. Let it cool slightly, then cover and refrigerate for at least 1 hour—or overnight—for a silky texture.

### *Serve Warm or Cold*

Riz au lait is optional served warm, but it's most traditionally enjoyed chilled or at room temperature. For an extra touch, garnish with cinnamon, orange zest, or swirl in a drizzle of caramel sauce.