

Rice Pudding

<http://userealbutter.com/2012/01/26/rice-pudding-recipe/>
Fine Cooking, issue #111 (June/July 2011)

1 vanilla bean
4 cups plus 2/3 cups whole milk
1/2 cup white rice, such as Carolina long grain, basmati, jasmine, or arborio (I used arborio)
7 tbsps granulated sugar
3-inch cinnamon stick
2 large egg yolks

Use a knife to split the vanilla bean lengthwise and scrape the seeds out. Place the seeds, vanilla bean, 4 cups of the milk, the rice, sugar, and cinnamon stick in a medium saucepan over medium heat until the milk comes to a boil. Reduce to a simmer and stir often and gently until the rice is tender – approximately 25 minutes. Remove from heat. Whisk the egg yolks in a medium bowl. Continue to whisk the egg yolks while ladling in a cup of the hot rice-milk to “temper” the egg yolks (to avoid cooking the eggs like it would if you poured the eggs directly into the saucepan). Scrape the egg mixture back into the saucepan and stir in the last 2/3 cup of milk until everything is incorporated. Return the saucepan to the stove on medium heat and stir constantly until the rice pudding starts to boil (only a few minutes). Remove from heat and place the pudding in a medium bowl and set plastic wrap directly on the surface of the pudding. Place the bowl in or on an ice bath to cool. When the pudding has cooled, you can remove the cinnamon stick and vanilla bean. Divvy the pudding into 6 servings, cover with plastic wrap, and refrigerate for at least 3 hours. I like to grate some nutmeg on top right before serving.