



LA VILLA BONITA®
MEXICAN CULINARY VACATION

ARROZ CON LECHE

1 quart or liter of whole milk
1 cup of rice
1 cup of sugar
3 sticks of cinnamon
2 cups water
1 lime (for peel)

Pinch of salt
1 vanilla bean or 1 ½ teaspoons of vanilla
extract
Powdered cinnamon
¼ cup raisins

In a saucepan (2-quart), add the rice, the peel of one whole lime (make sure to make the rinds long and thick), add the 2 cups of water and pinch of salt. Place on high heat and bring to a boil. Cover and put on low flame. Let the rice cook for 13-15 minutes or until the rice is cooked completely. After it cooks make sure to take out all the lime peels.

In another pot, add 1 cup of water and the cinnamon sticks and simmer until it is like a cinnamon tea. Makes about ½ cup of liquid.

Place the cooked rice in an 8-quart pot and add the milk, sugar, and the cinnamon tea along with the vanilla bean. To add the vanilla bean, you should first split it in half and scrape off the beans with a paring knife. Add the pod to the milk along with the beans.

Note: If you are going to use vanilla extract it should not be added until the end of the cooking process or it will evaporate.

Place the pot on high flame and bring to a boil, stirring occasionally but keeping an eye on the pot to prevent it from overflowing or scorching the milk.

After the milk starts boiling, turn the heat to medium-high and cook for 20 to 30 minutes while stirring constantly. Don't allow it to stick or create a custard on the top.

Cook until the rice pudding has a loose consistency. It will thicken further as it cools. Remember to add vanilla extract at this point if you didn't use the vanilla bean.

Transfer to a large serving plate or individual serving plates. Add the cinnamon powder and the raisins. Cool before eating.

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