

Portuguese Rice Pudding

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This is a lovely, creamy rice pudding that gets a hit of flavour with some cinnamon and nutmeg at the end. This recipe does use raw eggs, so make sure to use high-quality organic or free range eggs.

Ingredients:

200g caster sugar
1.5 litres of whole milk
200g white rice
2 eggs
2-3 tsp. ground cinnamon
1 tsp. ground nutmeg

Directions:

1. In a large saucepan, combine the sugar with the milk.
2. Bring the mixture to a slow boil. Once simmering, pour in the rice.
3. Turn the heat down to low and cook the mixture for one hour, stirring often.
4. Once the rice is tender, remove it from the heat.
5. Beat the eggs together vigorously until they're absolutely combined and smooth.
6. Stir the eggs into the rice, a little bit at a time, until fully incorporated. You shouldn't be able to see any traces of eggs – think of it in the same way as the use of eggs in a carbonara sauce.
7. Serve the pudding warm with the cinnamon and nutmeg sprinkled liberally over the top.

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