



The Best Rice Pudding

Serves 4-6

1 cup paella rice
2 cups water
3 ½ cups whole milk, room temp or slightly warm
¼ teaspoon sea salt
1 cinnamon stick, 3-4 inches
2 pieces lemon zest, 1x2 inches each
¼ cup raw honey
Cinnamon for sprinkling, freshly ground if possible

In a 3 quart saucepan, heat the water and rice until boiling. Reduce the heat to simmer and stir until the water is almost absorbed. Add one cup of the milk, salt, cinnamon stick, and lemon rind. Bring back to a simmer continually stirring. Maintain a low heat and stir to avoid scorching the milk. When the milk is nearly absorbed add another cup and repeat until the milk is used up finishing with a fluid creamy pudding. Remove from the heat and stir in the honey. Let rest a minute then serve with a sprinkle of cinnamon or refrigerate and serve chilled. For a sweeter pudding, serve with additional honey or fruit preserves. A cup of dried fruit such as raisins, cranberries, chopped dates, blueberries and cherries can be added with the addition of the milk.