

“Steamed” Creamy Arborio Rice Pudding

Ingredients:

1 cup	Arborio rice
½	Vanilla bean (or 1 tsp. vanilla extract)
3 cups	Whole Milk
½ cup	Sugar
Pinch	Salt
2	Yolks
¼ tsp.	Orange zest
¼ tsp.	Lemon zest
Pinch	Cinnamon



Method of Preparation:

1. Preheat the oven to 210°-212°F on the “Steam” mode. Place the first five ingredients in a solid pan and stir gently to incorporate all ingredients and saturate the rice. Place the pan in the oven and set the timer for 40 minutes. Place the yolks in a small bowl and reserve in the refrigerator.
2. Remove the pan from the oven and stir the rice and milk mixture for about 30 seconds. Remove the yolks from the refrigerator and add a few spoonfulls of the rice and liquid to the yolks to temper them, stirring to incorporate. Pour the yolks back into the remaining rice, stir thoroughly and return the pan to the oven for an additional 8-10 minutes.
3. Remove the rice pudding from the oven and add both zests and cinnamon. Stir completely and place pan in the refrigerator to chill until cold.