

# Recipe from FormerChef.com

## Arborio Rice Pudding with Caramelized Apples

### Rice Pudding Recipe:

1 cup arborio rice (about 6 oz weight/180 g.)  
6 cups milk (I used whole, but you can use any kind)  
3 Tbsp. sugar  
1/4 tsp. cinnamon  
1/2 tsp vanilla

In a 2 quart, heavy bottomed pot, mix together the arborio rice, milk, and sugar. Bring to a simmer. Stir frequently to keep the rice from sticking to the bottom of the pot and be careful not to let the milk boil over.

Cook until the rice is tender, about 30 minutes. When the rice is done, mix in the cinnamon and vanilla. Turn the heat off and allow to cool. The rice pudding will thicken a lot as it cools.

Recipe makes six 3/4 cup portions.

**Option:** If you want to add raisins, dried cranberries, dried cherries or other fruit, instead of making the apples, add them in when you add the cinnamon and vanilla.

### Caramelized Apples:

2 lbs apples (whole), peeled and sliced  
2 Tbsp + 1 Tbsp butter  
1/4 cup lemon juice  
1/2 tsp lemon zest  
1/4 cup sugar  
3/4 cup + 1/2 cup apple juice (or water)  
1/4 tsp cinnamon

Peel and slice the apples. In a large saute pan, melt 2 Tbsp. of the butter and add the sliced apples. Saute for 2 minutes and add the lemon juice and lemon zest. Cook for 5 more minutes over medium heat and then add the 1/4 cup of sugar and 3/4 cup apple juice.

Allow the liquid in the pan to reduce so that the apples begin to caramelize. Add the cinnamon. Keep the apples moving so they do not burn, and cook until they are browned and sticky. Add the last 1/2 cup of apple juice, stir and swirl in the last tablespoon of butter to loosen the apples and make a bit of a sauce for them.

### Assemble the dessert:

I served this in glass dessert cups, putting about a tablespoon of the apple mix on the bottom, 3/4 of a cup of rice pudding in the middle, and then another couple tablespoons of apple mix on top. Another option would be to serve it "family style" in a baking dish with the caramelized apples on top (see photo below).