

Lemon Twist Rice Pudding

Preserved lemon and bay leaves perfume a sweet and creamy rice pudding.

Prep Time: 10 minutes

Cook Time: 1 hour

Refrigerate: 3 hours

- 1/2 preserved lemon
- 1/2 cup short grain rice, such as Arborio, pearl or Valencia
- 1 1/2 cups water
 - 1 **McCormick® Cinnamon Stick**
 - 1 quart (4 cups) milk
- 1/2 cup sugar
- 2 **McCormick® Bay Leaves**
- 1/4 cup unsalted pistachio nuts, chopped (optional)

1. Remove and discard pulp from preserved lemon. Rinse peel to remove excess salt. Finely chop peel (about 2 tablespoons). Set aside. Place rice, water and cinnamon stick in medium saucepan. Bring to boil on medium heat. Reduce heat to low; cover and simmer 15 minutes or until water is absorbed.
2. Meanwhile, bring milk and sugar to simmer in large saucepan on medium heat. Stir in cooked rice with cinnamon stick and bay leaves. Cook 45 minutes or until mixture is thick and creamy, stirring occasionally. Remove cinnamon stick and bay leaves. Stir in preserved lemon. Pour rice pudding into large bowl. (Pudding will thicken as it cools.) Place plastic wrap directly on surface of rice pudding. Cool slightly.
3. Refrigerate 3 hours or overnight until well chilled. Garnish each serving with pistachio nuts, if desired.

Makes 6 servings.

Nutrition Information Per Serving: 187 Calories, Fat 3g, Protein 6g, Carbohydrates 34g, Cholesterol 13mg, Sodium 124mg, Fiber 0g