

Milk Recipes
By [Sara Cabot](#) of [Little Lettice](#)

Creamy Rice Pudding

Don't worry if it seems as if there is a teeny bit of rice drowning in a sea of milk. It gets absorbed in the end and the slower you cook it for, the creamier it becomes!

Ingredients (serves 6-8):

- 1 cup of Arborio rice
- 6 cups whole milk
- 1 cup sugar
- 1 cup heavy cream
- ground cinnamon – optional

Instructions:

1. Preheat oven to 300 degrees. Butter a deep ovenproof dish. Wash rice and place in the bottom of the dish. Add milk & cream. Stir in the sugar.
2. Bake in oven for 2-3 hours, stirring every ½ hour or so. Sprinkle with cinnamon and allow to cool down a bit
3. Serve with a fruit counterpart such as a bit of strawberry jelly, a handful of frozen blueberries, honey, applesauce, or sliced banana.

Brown Rice Pudding with Maple Syrup

Unlike above, this recipe calls for cooked rice so it's a good way to use up leftover rice. The nutty taste of the brown rice and maple syrup give this rice pudding a distinctive flavor. Brown rice is really healthy too!

Ingredients (serves 6-8):

- 2 ½ cups of cooked short or long grain brown rice
- 4 cups milk
- pinch salt
- ½ cup maple syrup
- 1 teaspoon vanilla extract
- ½ cup raisins (optional)
- ¾ cup heavy cream
- cinnamon

Instructions:

1. Preheat oven 350 degrees.
2. Combine rice with milk and salt in a saucepan. Bring to boil and simmer, stirring until mixture thickens. Add syrup, vanilla, and raisins
3. Butter oven dish. Put rice mixture in dish and drizzle cream over the top. Sprinkle with cinnamon. Bake until cream is bubbly and browned (about 30 minutes). Allow to cool; serve warm.

Semolina Milk Pudding

My kids love semolina, which is a coarse kind of cream of wheat. We don't add sugar in the saucepan but drizzle honey, jelly, or golden syrup on top when we serve it in the bowl. I buy my semolina in bulk from my local Armenian store in Watertown.

Ingredients (makes 1 serving):

- 1 tablespoon coarse ground semolina
- ½ cup milk

Instructions:

Place semolina and milk in a saucepan and bring to boil, stirring all the time. Semolina will thicken in the milk to an oatmeal-like consistency. Serve with honey, syrup or jelly stirred in.

Fresh Fruit Smoothies

Makes 2 glasses

- 1 cup strawberries
- 1 banana
- 1 lemon
- 1 tablespoon sugar or runny honey
- ½ cup natural yogurt
- ½ milk

Instructions:

Place all ingredients in a blender and blend until smooth.