

Spanish Rice Pudding with Balsamic Strawberries

Serves 6 (Serves 3)

Ingredients

Rice Pudding Base

- 150 g Japanese short-grain rice (75 g)
米 (白米)
- 750 ml whole milk (375 g)
牛乳
- 250 ml water (125 ml)
水
- 120 ml heavy cream (60 ml)
生クリーム
- 70 g sugar (35 g)
砂糖
- 1 cinnamon stick (1 smalls tick or ½ of a large one)
シナモンスティック
- Zest of 1 lemon (zest of ½ lemon)
レモン皮
- 1/4 tsp salt + pinch MSG (1/8 tsp salt + small pinch MSG))
塩
- 1 tsp vanilla extract (½ tsp)
バニラ



Balsamic Strawberries

- 600 g fresh strawberries (300 g fresh strawberries)
いちご
- 1–2 T sugar (1-1½ tsp)
砂糖
- 2–3 tsp balsamic vinegar (1-1½ tsp)
バルサミコ酢
- Pinch salt
塩
- Black pepper (1 -2 turns)
黒胡椒

Instructions

1. Combine **rice**, **water**, **milk**, **cinnamon stick**, **lemon zest**, and **salt** in a pot. Bring to a gentle simmer.
2. Cook uncovered **30–40 minutes** (*cooks a bit faster, closer to 25-30 minutes*), stirring frequently (*stir more frequently near the end*), until creamy.
3. Add **sugar** and **cream**; simmer **5–10 minutes** more until glossy (*Smaller batches can get thick quickly, so finish with 1-2 T warm milk if needed*).
4. Remove **cinnamon** and **lemon peel**. Stir in **vanilla**.
5. Combine **strawberries** with **sugar** and **salt**; **rest 20 minutes**.
6. Add **balsamic** and **black pepper** just before serving.

7. Serve pudding slightly warm with **strawberries** on top; finish with **a few drops of balsamic**.

Nutrition (per serving)

Calories: 320 kcal | Protein: 7 g | Fat: 11 g | Sat. Fat: 6 g | Carbs: 48 g | Sugars: 22 g | Fiber: 2 g | Sodium: 120 mg | Omega-3: 0 g

Notes

- Best served slightly warm with cool strawberries for contrast.
- Reheat gently with a splash of milk to restore creamy texture.
- Add toasted almonds or mint for garnish if desired.