



Coconut Rice Pudding with Mango

If you've never had a homemade rice pudding, you're in for a treat! The chef in this video calls this the best rice pudding he's ever had, and it's hard to argue. Unlike most rice pudding recipes, this one calls for Arborio rice, which is the rice typically used in risotto. The recipe calls for cooking the rice in butter, so the dessert can be fairly high-calorie. But you can lighten it up a bit by substituting margarine for butter, not adding egg and cooking it with coconut milk instead of dairy milk. Enjoy!

Ingredients (4 servings)

1 tbsp butter

1/3 cup Arborio rice

1 cup coconut milk

2 3/4 to 3 cups milk, or as needed

1/4 cup white sugar

1/8 tsp vanilla

salt to taste

1 egg yolk, beaten with 2 tbsp milk

For the garnish:

1/4 cup finely diced mango

Pinch of Chinese 5-Spice

Preparation process

- 1: Add the dairy milk and coconut milk to a saucepan and warm under medium heat. Bring to simmer, then set to low heat
- 2: Melt the butter in a separate sauce pan and add the arboreal rice once the butter is melted. Cook for about 45 seconds to a minute.
- 3: Ladle in the milk mixture at intervals as it cooks, stirring in additional milk occasionally. Repeat the process of adding milk for 30 minutes until the rice has reached the ideal tenderness and the consistency is to your liking.
- 4: Once the rice is cooked, add the sugar and a pinch of salt.
- 5: In a separate bowl, add 2 tablespoons of milk and an egg yolk and whisk them together.
- 6: Turn off the heat, and add the egg and milk mixture to the pudding
- 7: Add 2 drops of vanilla extract
- 8: Let cool for 15 minutes and ladle into small serving bowls. Cover with saran wrap and put into the refrigerator for several hours.
- 9: Dice up the mango and add to the Chinese 5-spice.
10. Once the pudding is chilled, top it with the mango and spice and serve.

Bonus Items

If you want to watch the video again. Click [here](#).

If you're having a hard time finding a good Arborio rice, I highly recommend this Italian Arborio rice, which can be ordered through Amazon by clicking [here](#).