



Rice with Milk

Arroz con leche

Origin



- ❧ The arroz con leche (rice with milk) is one of the oldest desserts in Spain. Arroz con leche is prepared all over Spain.
- ❧ It is also possible to find this dessert in other Spanish speaking countries, such as Peru or Costa Rica.
- ❧ In other countries, you often find arroz con leche with other flavors added.
- ❧ In the north of Europe you could eat it as a warm meal instead of as a dessert!
- ❧ But the origin of this dessert comes from the Muslim world and was imported into Spain when the Muslims conquered the South of the Iberian Peninsula.

Ingredients

ARROZ CON LECHE

- Rice (quarter of a kilo). Use Spanish type rice (short wide grains).
- Milk (two liters of milk)
- Sugar (6 full soup spoons)
- 3 Lemon zest (only the yellow part of the peel, since the white part is bitter)
- 2 Cinnamon sticks



Directions



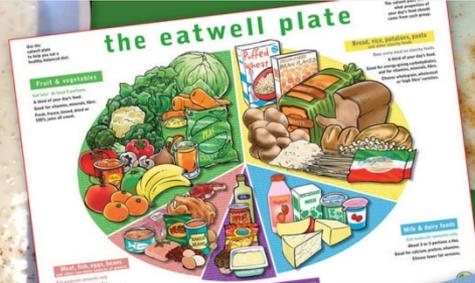
- ❧ Peel the lemons and place them in the milk, together with the cinnamon sticks
- ❧ Heat the milk over medium heat) together with the lemon zest and cinnamon sticks until it starts boiling (to get the aroma).
- ❧ Remove the lemon zest and cinnamon sticks, and then add the rice.
- ❧ Cook it for 1/2 hour or until it is well done (you need to stir the rice from time to time, checking it so it doesn't burn).
- ❧ At the end, add the sugar
- ❧ Stir for 3-4 minutes more, and remove it from the heat.
- ❧ Serve it in a large, shallow glass pan and sprinkle some ground cinnamon on it.
- ❧ Let it cool for about one hour, and then put it in the fridge for at least 12 hours, although one day would be even better for the rice to fully absorb the milk.

Enjoy it



☞ Serve the arroz con leche cold. It should be half-liquid, never solid, but you can increase or reduce the amount of milk if you prefer it to be more or less liquid. And now comes the best part... ENJOY IT!!!





POLISH FOOD

Polish cuisine (Polish: kuchnia polska) is a mixture of Eastern European (Lithuanian, Belarusian, Ukrainian, Hungarian, etc.) and German cuisine traditions, with some Russian, Italian, and Turkish influence due to historical reasons. It is rich in meat, especially beef, chicken and pork, and winter vegetables.



Polish Cuisine



Getting the Balance Right



PIEROGI

Pierogi (Polish pronunciation: [pʲɛrɔɡi]; also spelled pierogy, pierogi or pierogi) are boiled, baked or fried dumplings of unleavened dough traditionally stuffed with meat, cheese, or fruit. Of central and eastern European provenance, they are usually semicircular, but are rectangular or triangular in some cuisines.





Grundtvig Project Session 8




Trip to Poland

Creamy Rice Pudding



▪ Kotlet schabowy – a breaded pork chop, served with boiled potatoes or hoof-shaped dumplings (in the picture) and cabbage stew