

Cooking Corner Tips To Help You

Easy Latino-Style Desserts With Ingredients At Hand

(NAPSA)—From restaurants to kitchens, the popularity of Latino-style cuisine is getting hotter and hotter. Yet while meals like enchiladas and “taco night” are becoming staples in American kitchens, many cooks don’t realize that they may already have the ingredients on hand to create a delicious, cool Latino-style dessert—which is the perfect finish for a flavorful dinner.

Dishes such as Flan de Vainilla, Arroz con Leche or Frutas Fresca con Salsa de Canela y Vainilla may sound extravagant, however these recipes are made with common ingredients like sugar, evaporated milk, cinnamon and eggs. The results are sweet, creamy, smooth and refreshing.

“We get a lot of requests from people who want to recreate Latin American-style desserts they enjoyed at their favorite restaurant or while on vacation, yet they worry that the ingredients may be hard to find,” says Jenny Harper, Nestlé’s director of recipe development for Carnation Evaporated Milk. “People don’t realize that many of the ingredients are common household staples.”

The following recipes for Arroz con Leche and Frutas Fresca show how standard ingredients can make authentic Latino-style desserts in the comfort of your home. For more dessert ideas, visit VeryBestBaking.com.

Arroz Con Leche (Rice Pudding)

A sweet and creamy dessert that is as comforting as it is mouthwatering.

- 2 cups water
- 1 cup medium or short grain white rice
- 1 cinnamon stick, broken into pieces
- 1 can (12 fl. oz.) Carnation Evaporated Milk
- 1 can (14 oz.) sweetened condensed milk
- ½ cup raisins
- 1½ teaspoons vanilla extract
- ¼ teaspoon salt
- 2 large eggs, slightly beaten
- Ground cinnamon

PLACE water, rice and cinnamon stick pieces in small saucepan; bring to a boil. Reduce heat to low; cover. Cook for 12 to 15 minutes or until liquid is absorbed. Remove cinnamon stick pieces. Stir in evaporated and sweetened condensed milks, raisins, vanilla extract and salt; bring to a boil. Stir a small portion of



Arroz con Leche (Rice Pudding) is a rich, creamy Latino-style dessert that is simple to make. Credit: Ignacio Urquiza.

rice mixture into eggs. Add egg mixture to rice mixture; mix well with wire whisk. Bring to a boil. Cook, stirring constantly, for 2 minutes. Serve warm or chilled. Sprinkle with cinnamon before serving. (Makes 6 servings)

Frutas Fresca Con Salsa De Canela Y Vainilla (Fresh Fruit with Cinnamon-Vanilla Sauce)

A delicious dessert that delivers a fresh finish for a flavorful meal.

- ½ cup granulated sugar
- 2 tablespoons cornstarch
- 2 cinnamon sticks
- 1 can (12 fl. oz.) Carnation Evaporated Milk
- 1½ teaspoons vanilla extract
- 6 cups assorted fresh fruit (apples, bananas, grapes, mangoes, papayas, peaches, and/or strawberries)
- Ground cinnamon (optional)

COMBINE sugar, cornstarch and cinnamon sticks in medium saucepan. Gradually stir in evaporated milk. Cook over medium heat, stirring constantly, until mixture comes just to a boil and slightly thickens. Remove from heat and remove cinnamon sticks; stir in vanilla extract. Refrigerate for 2 hours or until well-chilled.

ARRANGE fruit in dessert dishes. Top with sauce. Sprinkle with cinnamon, if desired.

TIP: Refrigerate leftover sauce in covered container for up to 3 to 4 days.

(Makes 6 servings)