

Cooking Corner Tips To Help You

Rice: Comfort From Your Kitchen

(NAPSA)—Comfort food. It's what you eat when you've been working 48 hours straight, when you learn the transmission is going out on your car, when you discover your adorable six-month-old beagle has chewed up your favorite pair of shoes, or even worse, when you're faced with life's most unexpected and unwelcome challenges.

When all is not right with the world, we often seek solace in foods that make us feel good. Whether it's the sensation of spooning up a creamy rice pudding, or a warm rich risotto, when you're stressed right down to your tastebuds, rice is nice. Said to improve our mood and sense of well-being, rice is sure to soothe the soul. Here's a quick and easy award-winning recipe for Cinnamon Rice Pudding, the perfect ending to a long hard day.

Cinnamon Rice Pudding

- 3 cups cooked medium-grain rice**
- 3 cups milk**
- ½ cup sugar**
- ¼ cup butter**
- 2 cinnamon sticks**
- 1 tsp vanilla extract**
- Ground cinnamon (optional)**
- Whipped cream (optional)**

Combine rice, sugar, butter and cinnamon sticks in a two-quart saucepan. Cook over medium heat, stirring frequently, 20 to 25 minutes or



Savor the comforts of home after a long hard day—or week—with cinnamon rice pudding.

until thick and creamy. Remove from heat. Remove cinnamon and top with whipped cream. Makes six servings.

For more comforting rice recipes, the USA Rice Federation is offering a free brochure titled "Comfort from the Kitchen: Favorite Rice Recipes to Soothe the Soul." Included in the brochure are recipes for classic favorites such as Cheesy Broccoli Rice Casserole, Hearty Chicken and Rice Soup, and Creamy Risotto, among others.

To request a free copy of the brochure, send a self-addressed, stamped envelope to: USA Rice Federation, "Comfort from the Kitchen," 9800 Richmond Ave., Suite 235, Houston, Texas 77042.

Recipes and rice information can also be downloaded at www.ricecafe.com.