

# Rice Pudding

## Ingredients

- 2 cups of cooked rice
- 1 ½ cups of milk
- 1 teaspoon vanilla essence
- Add your flavour preference (see notes)



## Directions

- 1) Add the cooked rice, milk and vanilla to a pot over a medium-low heat.
- 2) Stir continuously for up to 10 minutes, until thick and creamy. Note: milk can catch and burn on the bottom of the pot, stirring continuously will help to avoid this.

## Notes:

For flavour, add in ingredients that you may already have at home to keep this recipe exciting and delicious, here are some examples:

**Coconut Chocolate** – in step 1 stir in 1 tablespoon of cocoa and use coconut milk instead of cow's milk.

**Apricot and almond** – in step 1 stir in ¼ cup of copped coconut apricots, use almond milk and sprinkle some chopped almonds on top once the pudding has been dished.

**Banana Cinnamon** – in step 1 add half a chopped banana and 1 teaspoon of cinnamon to the pot and stir in.

## Chef's tip:

You can cook rice in two ways; if you don't want your rice sticky, make sure to rinse this in cold water before cooking.

- Microwave method: 2 cups of water per 1 cup of rice, microwave uncovered for 12-15 mins. Take out of the microwave and leave covered for 10 mins
- Stovetop method: 1 cup of rice to 1.5 cups of water, make sure water is boiling before adding rice, then turn to a low heat and simmer rice for 10-13 mins, covered. Take off the heat and rest for 10 mins

Always use a larger pot or microwave-safe dish as the water can bubble up quite high, and remember to be careful as the liquid and steam from the rice will be very hot once cooked.

More recipes can be found on: [www.sportwellington.org.nz](http://www.sportwellington.org.nz)