

# 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.

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