

Rice Kheer

(Spiced Rice Pudding)

Difficulty: Easy

Servings: 6 – 8

Preparation Time: 20 mins

Cooking Time: 50 mins



Ingredients

5g Ghee

10g Almond Powder

10g Whole Roasted Pistachio

10g Whole Roasted Almond

20g Whole Roasted Cashew

50g Sugar

150g Basmati Rice

1 Litre Full Cream Milk

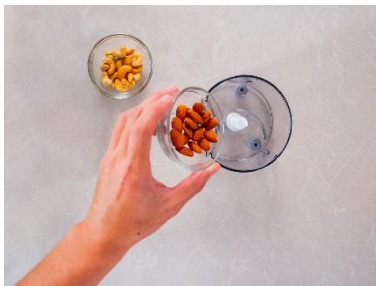
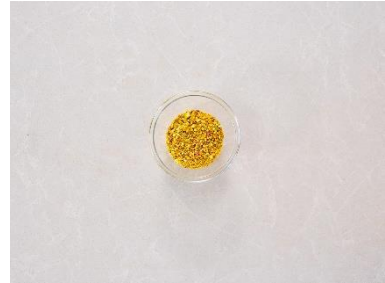
2 Pinches Cardamom Powder

To Garnish Saffron Threads

To Garnish Dried Rose Petals

Methods

1. Into your hand blender mixing beaker, add pistachio, finely chop into rough powder, and set aside for later use. Repeat for almond, then cashew separately.



2. Rinse rice several times until water runs clear. Submerge rice in water, for about 20 to 30 minutes. Drain and set aside.



3. In a pan over medium-heat, melt ghee and add drained rice. Fry for about 1 to 2 minutes until rice is well-coated in ghee. Add cardamom powder and almond powder, and stir well.



4. Add milk and bring to boil. Constantly stir to prevent sticking and burning. Lower heat to simmer for about 20 to 30 minutes until rice is fully cooked. Add sugar, chopped cashew and almond. Corn can be used as a substitute for those with nut allergies.



5. Stir for about 2 minutes until sugar fully dissolves. More milk can be added if mixture gets too thick. Remove from heat and transfer into crucibles. Chill in refrigerator to nicely set and thicken. Garnish with dried rose petals, chopped pistachio and saffron threads. Serve and enjoy.

