

# Kheer – Indian Rice Pudding

Serves 4



## Ingredients (allergens in bold)

- 75g basmati rice
- 1 litre whole **milk**
- 8 cardamom pods, lightly crushed or 1tsp ground cardamom
- 50g flaked **almonds**, cut into thin slivers
- 75g **sultanas**
- 2 tbs caster sugar
- 25g chopped **pistachios** to decorate

## Method

1. Tip the rice into a large saucepan and toast over a low heat for 3 minutes.
2. Stir in the milk, cardamom and almonds. Bring to a simmer and cook, uncovered, for 40 minutes.
3. Stir in the sultanas and simmer for another 15 minutes until the liquid has reduced by half and the mixture is thick and creamy looking.
4. Stir in the sugar then remove from the heat and allow to cool.
5. Pour into a large bowl, cover with a plate and chill in the fridge for a minimum of 1 hour or overnight. Pick out the cardamom pods.
6. Serve in individual bowls decorated with the chopped pistachios.



## Equipment

- saucepan
- wooden spoon
- mixing bowl
- plate to cover the bowl
- 4 individual serving dishes

## Recipe notes and tips

- This Indian rice pudding is made with almonds and sultanas, scented with cardamom.
- Make this with non-dairy milk but reduce the sugar if it is already sweetened.
- Traditionally this is eaten at the festival of Eid and decorated with gold leaf.