

Rice Pudding

England's Best Loved Nursery Pudding

Ingredients

This recipe should feed 4 people, but it's easily doubled to feed a larger crowd, as long as you have a baking dish that's big enough.

- 1.5oz / 40g short grain pudding rice
- 1 pint / 600ml whole milk (or half cream half milk if you like your pudding extra rich)
- 2oz / 50g caster sugar
- 1oz / 25g unsalted butter
- 1/2 teaspoon ground nutmeg or cinnamon

Rice pudding is made all over England, and - of course - there are many variations to the traditional rice pudding recipe.

For a very rich version cook the rice in cream and add a vanilla pod (remove before serving). When ready to serve sprinkle the top thickly with sugar and caramelize under a very hot grill or with a gas gun.

While nutmeg is the traditional spice, the pudding also eats very well with cinnamon sprinkled over the top. And many children love their rice pudding served with a dollop of jam!



Preparation

Pre-heat your oven to 160-170°C / 300-325°F / Gas 2-3.

In a pan mix the rice with the milk (and cream if using) and leave to soak for 5-10 minutes. Then bring the whole gently to the boil.

As soon as the milk starts to bubble pour your pudding mixture into a baking dish.

Mix in the sugar and butter and stir until dissolved. Then sprinkle the nutmeg or cinnamon over the top.

Place in the oven and bake for 1 - 1.5 hours. When ready, all the liquid will be gone and the pudding will have a golden skin on top.

Serve hot or cold with jam or pouring cream.

Recipe 4