

Cardamom Rice Pudding

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This is a delicately spiced rice pudding that would be absolutely perfect at the end of a long, Indian meal.

Ingredients:

8 large cardamom pods
1.5 litres whole milk
200g unsalted butter
200g caster sugar
1 tbsp. ground cinnamon
200g white rice

Directions:

1. Grind the cardamom pods in a coffee grinder or using a rolling pin until very fine.
2. Place the milk, rice, butter and cardamom into a large saucepan. Bring to a low simmer and cook it for around 90 minutes.
3. Add the sugar into the mixture, along with the cinnamon.
4. Cook the mixture for a further 15 minutes, until the sugar is dissolved and the rice pudding is thickened.
5. Serve with a sprinkle of chopped nuts, still warm from the saucepan.

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