Muhalbiya al-Ruz (Milky Rice Pudding)

Season: All

Serves: 30 tastes in the classroom or 6 serves at home

Fresh from the garden: pistachios**

Recipe source: Adapted from an original recipe by Nikki Bird, Garden Specialist, Barooga Public School, Victoria

Note: The rice needs to soak for 30 minutes before cooking.

Equipment:

metric measuring scales, cups and spoons
large bowl, for soaking the rice
colander
mortar and pestle
clean tea towel
chopping board
cook's knife
food processor or blender
large, heavy-based saucepan
wooden spoon
salad bowl

Ingredients:

200 g basmati rice, rinsed and soaked in water for 30 minutes
1 cup cold water
4 cups reduced-fat milk
6 tbsp sugar
1 cup boiling water
½ tsp green cardamom pods, crushed and seeds removed
3 tbsp rosewater
35 g pistachios**, shells removed and finely chopped

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Drain and rinse the rice until the water runs clear.
3. Add the rice and cold water to a food processor or blender and process until the liquid becomes milky and thickens to a paste-like consistency, about 15 seconds. Set aside.
4. Warm the milk in the large, heavy-based saucepan, over a medium heat. Add the sugar.
5. ***Increase the heat to high and stir with a wooden spoon until the milk begins to bubble around the side of the pan.** Reduce the heat to low and continue stirring for 1 minute.
6. Add the rice mixture and gently simmer, stirring frequently to prevent the rice from sticking and burning, for 15–20 minutes until the mixture thickens.
7. ***Add the boiling water** and stir through the cardamom seeds and rosewater.

8. Simmer over a low heat until the pudding has thickened again, about 3 minutes.
9. Remove from the heat and serve sprinkled with the chopped pistachios.

*Adult supervision required.

**If pistachios aren't available, or there are allergy issues, substitute with ¼ cup of currants, sultanas or grated apple.