

Rice Pudding

Recipe submitted by Ishita Garg, Fourth Grade (with help from a parent)

Nationality/Ethnicity – Indian

The Story Behind the Recipe

Whenever we had rice pudding, we always ate it together. Before we would eat it, we would say religious prayers. After we said the prayers we would think what else should be added in the rice pudding. The rice pudding is special to me because my mom makes it with lots of love and it is always yummy!

Ingredients:

- 1 gallon whole milk
- 1 pint heavy whipping cream
- 1 pint Half & Half milk
- 3 tablespoons rice
- Sugar to taste
- Crushed cinnamon powder, almond and saffron (Indian spice)

Preparation Directions:

Saute the rice in one teaspoon of butter. Add whole milk, whipping cream and Half & Half. Make sure rice is cooked (The rice will be cooked in the milk.) Add sugar. Add cinnamon powder, almond and saffron. Boil for 1 hour. (If you boil for 2 or more hours, it gives nice light brown color and tastes really good.) Eat it warm or cold.