



RICEPLUS

Rice just got better...

RICE PUDDING

INGREDIENTS

1 1/2 cups RICEPLUS Ancient Grains, cooked & drained	300ml cooking cream
1 x 800g can dark plums	2 eggs
1 cinnamon stick, broken	1/4 tsp nutmeg
1/2 vanilla bean, scraped	TO SERVE:
1/2 cup castor sugar	castor sugar, yoghurt or cream
1/2 vanilla bean, scraped	



METHOD (PRE-HEAT OVEN 160C + STOVE TOP)

1. In a medium saucepan simmer the plums with the cinnamon stick and vanilla bean until syrup is reduced by half.
2. Whisk the castor sugar, vanilla bean, cream and eggs together until well combined.
3. Fold through the cooked RICEPLUS.
4. Fill 4 x 1 cup ovenproof dishes 3/4 full with the rice custard mixture.
5. Carefully place 1 plum into the centre of the custard and sprinkle the surface with a little nutmeg.
6. Place the dishes onto an oven tray and bake custard in the pre- heated oven 30 -35 minutes until custard is set.
7. Remove Rice Pudding from oven and sprinkle the surface with castor sugar, carefully using a Brulee torch caramelize the sugar until all sugar has been dissolved.
8. Serve warm with yoghurt or cream.

TIPS

- Plums maybe replaced with your favourite seasonal stone fruit or rhubarb.
- If you are Lactose intolerant replace cream with Soymilk. You may need to increase cooking time by 5 minutes.

For more information visit: www.riceplus.com.au

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COOKING TIME: 45 MINS
SERVING SIZE: 4