

Moroccan Rice Pudding

Serves: 6

Prep time: 5 minutes

Cook time: 40 minutes



½ serve per portion

Ingredients

2 cups medium grain rice

3 ½ cups milk, reduced fat

2 cups water

⅓ cup white sugar

1 cinnamon stick *OR* 1 teaspoon ground cinnamon

1 vanilla pod, halved and scraped to remove seeds

OR 1 teaspoon vanilla extract

1 small piece orange peel, approx. 3-4cm

¾ cup sultanas

½ cup pistachios, roughly chopped *OR* flaked almonds (*optional*)

Method

PLACE rice, milk, water and sugar in large saucepan and bring to the boil.

ADD cinnamon, vanilla and orange peel. Reduce heat and simmer, stirring occasionally, for 30 minutes or until rice is tender and liquid has evaporated.

REMOVE from heat and remove orange peel and cinnamon stick, if used. Stir in sultanas.

SERVE in small bowls, topped with chopped pistachios or flaked almonds, if desired.



Discretionary Food

Recipe courtesy of the Country Kitchens 2024 Country of Study Recipe Collection - Morocco