



Indian Basmati Rice Pudding

Serves 4

Preparation time 5 minutes
Cooking time approximately
15 minutes

Ingredients

85g (3 oz) Fairtrade caster sugar
570ml (1 scant pint) milk
1 Fairtrade vanilla pod, slit open
200g (7oz) Fairtrade basmati rice
110ml (4fl oz) double cream
4 tbsp Fairtrade soft brown sugar

Method

Preheat the grill. Place the caster sugar, milk, and vanilla pod into a pan and bring to the boil.

Add the rice, reduce the heat, and simmer gently for 8–10 minutes.

Add the cream and simmer for a further 4–5 minutes until the rice is tender. Remove the vanilla pod.

Divide the rice pudding between 4 heat-proof serving bowls, and sprinkle over the brown sugar

Spread the mixture in the tin and bake for 30–35 minutes or until set.

Slide the bowls under the hot grill, and leave until the sugar is bubbling and caramelized. Alternatively, if you have one, you could use a blowtorch to glaze the rice pudding.

Serve immediately.



About the recipes

Published to coincide with Fairtrade Fortnight (25th Feb – 9th March), DK's Fairtrade Everyday Cookbook contains 100 mouth-watering recipes using Fairtrade ingredients: from One Pot Chicken to Secret Soup, Simple Mango Sorbet to White Chocolate Cakes. The recipes are a combination of prize-winners from a nationwide competition and delicious dishes from top cooks and celebrities including Hugh Fearnley-Whittingstall, Joanne Harris, Steve Redgrave and Ruth Roger. For every copy sold a portion of the cover price will be donated to Fairtrade. Buy it now from www.dk.com/fairtrade RRP £16.99.