

## The Creamiest Rice pudding with apple



**About this recipe.** This Creamiest Rice Pudding recipe my mum used to make me when growing up, this is one sweet dessert you won't want to miss.

### Ingredients

- 1/2 cup (4oz/115g) starchy rice (Aborio, Calrose, Sushi rice)
- 3 cups (24floz/675ml) milk (Made from milk powder)
- 2 Tablespoons sugar
- 2 tablespoons (1oz/28g) butter
- 1/8 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 cup stewed apple to serve

### Method

Into a medium saucepan over low heat add in all of the above ingredients and allow to come to a gentle simmer. Cook on low for roughly 35-40 minutes or until the rice is tender and the liquid has *thickened but not* absorbed fully. Stir occasionally. Remove from the heat while the rice pudding is still quite 'saucy' and allow to sit for 20 minutes. During this time the rice will continue to absorb the liquid leaving you with a rich and creamy rice pudding. Serve warm or cold with a stewed apple on top.

With love from He Puawai Trust and Te Awa Kairangi Kai Collective team.

