

Kheer (Rice Pudding)

Also Known As

from Philomena Ashdown

Course

Side Dish

Yield

Type of Food

Rice

Main Ingredient

Comments

This tasty treat features both rose and cardamom.

Prep Time

Cooking Time

Ethnic Origin Indian

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Pre-Heat? Yes

Temperature

Grease Pan? Yes

Measure

Ingredient

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Ingredient

.5 cup	short or medium grain rice
8 cups	milk
4	cardamom pods
1.25 cups	sugar
2 Tbs.	slivered blanched almonds (optional)
.25 tsp.	ground cardamom
.25 tsp.	grated nutmeg
1 Tbs.	rose water or few drops rose essence

Instructions

Wash the rice and boil for 5 minutes in water.

Drain well.

Bring milk to the boil with the cardamoms in large saucepan, add rice and simmer, stirring occasionally, for 1 hour or until rice is very soft and milk quite thick. As milk thickens it will be necessary to stir frequently with a wooden spoon, scraping thickened milk from bottom and sides of pan.

Add sugar and almonds and continue cooking until the consistency is like that of porridge.

Remove from heat, pick out the cardamom pods.

If you think the flavor needs intensifying, add ground cardamom.

When half cool, stir in the rose water.

Serve warm or chilled, in a large bowl or individual sweet dishes, the top sprinkled with a little grated nutmeg.