



pudding Pie

Cookery School

Cookery parties and courses to suit all ages

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Mango Rice Pudding

serves 6-8

- 100g pudding rice**
- 35g unsalted butter, plus a bit extra**
- 650ml whole milk**
- 250ml double cream**
- 1 vanilla pod, split**
- 50g brown sugar**
- 1 Mango, pureed or 1 tin mango put in a blender**
- 3 cardamom pods**

Preheat the oven to 150C/300F/gas mark 2. Wash the rice in a sieve under cold water and leave to drain.

Rub the inside of a 1.5-litre ovenproof dish with a little butter. Put the milk, cream and split vanilla pod and the cardamom pods in a saucepan, heat until bubbles just start to appear around the edges, then stir in the rice, sugar. Simmer for five minutes, pour into the greased dish - don't remove the vanilla or cardamom pod - and dot with butter.

Cover with foil or a lid and bake for 45 minutes. Remove from the oven, stir gently then bake, covered, for another 30 minutes. Stir again, this time scraping up any bits of rice that have stuck to the bottom.

At this point, if you prefer a pudding without a skin, cover with a lid or foil; if you love the skin, leave it off. Bake for another hour, until the rice is tender and creamy, though keep an eye on it to make sure it doesn't dry out - add milk if it does. At the end pour over the mango puree or you can add it earlier if you wish.