



BENDIGO
Foodshare



Creamy Cardamon Rice Pudding



Ingredients - Serves 15

- **1/2 cup Calrose (medium grain) rice**
- **1 1/2 cups whole milk**
- **1 tablespoon butter**
- **1/3 cup sugar**
- **1/2 teaspoon ground cardamom**
- **Dash cinnamon to decorate**
- **2 tablespoons pistachio (optional)**
- **Rose petals to decorate**

Method

- 1. Preheat oven to 160 degree.**
- 2. Put the rice, milk, butter, sugar, and cardamom in an ovenproof dish with a lid (or foil)**
- 3. Stir well, put on the lid and cook in the oven for 1 hour.**
- 4. After an hour, remove from the oven, stir, and continue to bake an additional 30 to 45 minutes until the pudding is creamy and moist, and the rice is tender.**
- 5. Don't overcook and let it dry out.**
- 6. Let it cool for 10 minutes with the lid on. Spoon into serving bowls, sprinkle a little cinnamon and chopped pistachio nuts on top. Decorate with rose petals if desired and serve.**