



English Rice Pudding

serves 4

- 1 tablespoon butter
- 1/2 cup short grain rice, uncooked
- 2 cups milk
- 1 cup cream
- 1/4 cup superfine sugar
- generous pinch salt
- 1 teaspoon vanilla extract
- whole nutmeg for grating

Preheat oven to 325 degrees.

Melt butter in a heavy saucepan over medium heat. Add rice and stir to coat lightly. Add milk, cream, superfine sugar and salt. Bring to a low boil, then simmer for a few minutes. Stir in vanilla. Pour mixture into a small, lightly buttered casserole or oven-proof dish and grate a thin dusting of nutmeg on top. Place into a bain marie* and cook for 90 minutes. Serve with red currant sauce.

*A bain marie is a water bath. It just means you need to bake the rice in a dish that will fit inside a bigger pan which can be filled with water. The water should come about halfway up the sides of the rice dish.