

Orange and Ginger Spiced Rice Pudding (Serves 4): Using a 20cm Pearlescent Red Pan - Emilio Range



What you'll need:

Unsalted butter: 37.5g, plus 1 tablespoon
Ginger: 2 teaspoons, finely grated
Cinnamon: 1.5 teaspoons, ground
Nutmeg: 1.5 teaspoons, finely grated
Pudding rice: 80g
Milk: 375ml
Double Cream: 375mls
Unrefined sugar: 37.5g, plus 1 tablespoon
2 medium - large oranges

What to do:

1. Firstly, soak the pudding rice in cold water for about 1 hour (this will soften the rice and reduce the cooking time). Drain the rice well.
2. Soak your **TERRACOTTA PAN** in warm water for about 5 mins and dry thoroughly.
3. Meanwhile, prepare your *mis-en-place* for the rice pudding: Peel and grate the **ginger** finely, grate the **nutmeg** finely, measure out the **sugar** and measure the **milk** and **cream** and stir together well. Zest the **rind of one orange**, then peel **both oranges** and cut them horizontally into thick rounds. *Cover, and set aside.*



4. Place a heat diffuser over a *COLD* gas ring or hot plate (**see Cooking Techniques: Clay Pot Cooking***). Put the **butter** into the pan and melt it *slowly* on a slow/medium heat.



3. When the butter has melted add the **rice**. Stir well to coat all the grains - the rice should not sizzle at all. Stir in the **ginger, cinnamon, one teaspoon of the nutmeg**, and the **orange zest** stirring to coat everything evenly.
4. Pour in about **half** of the **milk & cream** mixture, stirring well. Increase the heat to medium and bring the liquid up to very slow simmer. Add the **sugar**, stirring slowly until dissolved.
5. Set the **oven** to 180 degs (fan) or Mark 5 (gas).
6. Continue to cook the rice on a very slow simmer, until it has softened, but is still quite al dente (about 6- 10 mins). You'll need to stir regularly and **top up the liquid** to maintain a soft, creamy consistency.
7. Give the rice a final stir and top up the liquid if necessary (you may not need to use it all). Sprinkle over the remaining **nutmeg** and place in the oven - for about 15 mins - until the rice is quite sticky and the top has set and is beginning to brown. Let the pudding sit for 5 mins or so before serving.
8. While the pudding is resting, melt **one tablespoon of butter** in a hot fry pan and sprinkle in one tablespoon of **sugar**. Add in the **orange rounds** and let them caramelize lightly on one side. Remove from pan and arrange them on the top of the rice pudding.
9. Serve the pudding on its own, or with a little cream, Greek yoghurt, or ice cream.



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