

## NUTRITION: Lazza's Kitchen

### Rice Pudding Cake

**Another New Recipe from Lazza's Kitchen.**

**Today he makes his first ever Rice Pudding Cake from scratch**

**In India, rice pudding (known as kheer) is a staple food that potentially dates back as far as 6000 BCE, as it was included in the Ancient Indian diet prescribed by Ayurveda, an ancient alternative health regime. Calling rice pudding "healthy" may be a bit of a stretch, but it certainly offers some good nutritional qualities, including Calcium, Iron and Protein.**



150g Arborio Rice (I used pudding rice)  
700ml Full Fat Milk (can have part as cream)  
Rind of Lemon/Orange  
75 g Unsalted Butter  
4 Large Eggs  
75g Caster Sugar  
2 tsp Vanilla Extract  
Nutmeg

Cook the rice as you want. You can either do that on the hob, or like me you can do it in the oven. Either way is fabulous. So I put the rice, milk/cream, caster sugar, and the fruit rinds, into a bowl and put in the oven for around an hour, stirring half way. Take out of oven when cooked, then add the butter and stir it in well (it will melt nicely). Leave to cool before starting next phase.

Preheat oven 160C and butter a cake tin in preparation. Separate the eggs so the yolks are in a different bowl to the whites. Whisk the whites until stiff, and set aside for a moment. Add the sugar to the yolks, and whisk (gently) until pale.

Add the vanilla extract and 2 teaspoons of juice from the zested lemon to the yolks and sugar, and then pour gradually into the cooled rice, folding it in well as you go. Dollop a large spoonful of the stiffly whisked whites into the rice bowl and stir briskly to lighten the mixture, and then fold in a third of the remaining whites gently but thoroughly, then another third, and when that's incorporated, fold in the rest. Pour and scrape this mixture gently into the prepared tin. Grate nutmeg over generously and bake for 45 minutes; by then the top will have set, with no hint of wobble underneath. Finished. Leave to cool.



**I like cake, and I like Rice Pudding, so this was always going to be tasty to me. Never heard of it before I saw it on a television programme, so I had to give it a go, and I am glad I did. As were my HMHB users, who all said it tasted very nice!!!**

**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking. Why not try out some new recipes and foods yourself? This was a great and very tasty dessert to prepare.**