

## NUTRITION: Lazza's Kitchen

### Luxury Rice Pudding

**Lazza is still trying out new recipes  
Today - he cooks a proper Luxury Rice Pudding**

“The earliest rice pudding recipes were called whitepot and date from the Tudor period; one of the earliest recipes was written down by Gervase Markham in 1615. Rice pudding is traditionally made with pudding rice, milk, cream and sugar and is sometimes flavoured with vanilla, nutmeg, jam and/or cinnamon.

It can be made in two ways: in a saucepan or by baking in the oven.”



200g Pudding Rice  
410g can Evaporated Milk  
800ml Whole Milk  
150ml Double Cream (extra thick)  
40g Golden Granulated Sugar  
1 teaspoon vanilla essence  
Ground Nutmeg  
Butter for the bowl

- Preheat oven to 150c.
- This is a very simple recipe.
- Make sure you rub butter around the bowl (see pic)
- Add the rice and sugar into the bowl, and mix together
- Add the milk and evaporated milk and again give a good stir
- I added some double cream, and then gently whisked the mixture
- Add the vanilla essence and whisk again
- Shake the ground nutmeg generously over the top
- Carefully pop the dish into the oven.
- After 45 minutes, slide the shelf out and give another stir
- Check again after an hour and a quarter, should be a nice skin on top.
- You may have to leave a further ten or fifteen minutes
- At end, rice swollen, with pools of creamy liquid around.
- Enjoy on its own, or add more cream, jam, or fruit.



**One of my favourite puddings  
growing up. I always made it  
plain before.**

**This first luxury one is so  
creamy and delicious.  
Honestly, it's heaven in my  
mouth. Give it a try!!!**

**During this pandemic I decided to try a new hobby - cooking.  
Something I have never really experimented with. And it is going so well.  
Why not try out some new recipes and foods yourself?  
This was a great and tasty pudding to prepare.**