

Almond and Rice Pudding Recipe (Indian)

Ingredients:

50 g blanched almonds
50 g rice flour
300 ml whole milk
500 ml single cream
150 g castor sugar
2 teaspoons rose water

To serve:

2 pomegranates
2 tablespoons blanched almonds, chopped
2 tablespoons pistachio nuts, chopped

Method:

Put the blanched almonds into a bowl, pour on 150 ml boiling water and leave to soak for 30-40 minutes. Using a blender or mini-processor, whiz the almonds and water to a fine paste. Strain through a sieve lined with a double layer of muslin into a bowl - squeezing the paste in the cloth to extract as much almond flavor as possible. Mix the rice flour with the almond liquid until smooth and set aside.

Combine the milk, cream and sugar in a heavy-based pan and slowly bring to the boil. Reduce the heat to a simmer and slowly pour in the almond and rice mixture, whisking constantly to avoid lumps. Cook on a low heat for about 10-15 minutes until the mixture starts to thicken and coat the back of the spoon. Remove from the heat.

Allow to cool completely, then pass through a fine sieve into a clean bowl. Stir in the rose water, cover and chill for 2-3 hours. To serve, spoon the mixture into chilled dessert cups. Halve the pomegranates and scoop out the fleshy seeds. Spoon on top of the desserts and sprinkle with chopped almonds and pistachios.