

# Indian Rice Pudding



## Ingredients

- 20 green cardamom pods
- 2 cinnamon quills
- 2 teaspoons vanilla extract
- 2 teaspoons finely grated lemon rind
- 100g unsalted butter
- 400g arborio risotto rice
- 2 litres milk
- 1 cup sultanas
- 1 cup caster sugar

## Method

Crush cardamom using a mortar and pestle, then sieve to remove husks (or pick out by hand).

Place ground cardamom, cinnamon, vanilla, lemon, butter, rice, milk, sultanas and half the sugar in a large round microwave-safe dish. Microwave for 35 minutes on high, stirring every 5 minutes, until rice is tender and most of the liquid has been absorbed.

Pour rice into 5 individual heat proof dishes, sprinkle with remaining sugar, place on a raised rack and cook under the grill for 10 minutes until golden.