



Microwave Rice Pudding

This is a recipe in progress as I'm still playing around with this but I think it's pretty close and down to personal taste anyway. I'm choosing to use the microwave as most rice pudding recipes demand something like a 2 hour cooking time in the oven which deserves a less energy intensive method to be explored.

Ingredients

1 Cup Of water

Half a cup of pudding rice (naturally)

3 Cups of milk or 2 cups of milk and 1 cup of evaporated milk

A third of a cup of sugar (less if using evaporated milk)

2 tablespoons of butter

pinch of salt

2 teaspoons of vanilla essence

sprinkling of cinnamon

Method

Wash rice several times and drain

Combine rice and water and cook in a suitable microwave proof rice cooker or bowl for 6 minutes on high

Remove from oven and allow to stand

I tend to wash the rice again at this stage but that's optional

Now continue to cook for 4 mins (add more water, pre warmed, if necessary)

Transfer cooked rice to another suitable microwave proof bowl and add:

The milk, butter sugar and salt (the vanilla can be added at this stage if you prefer)

Stir before cooking for 10 minutes at a medium power (be careful as the milk is likely to boil over if your container is not big enough). Inspect and stir at the half way point

Continue to cook until the consistency you require is attained. The ingredients will continue to thicken when left to stand

Add vanilla and cinnamon as required

NB: You may need to experiment with your microwave's power settings and take precautions for milk overspill when cooking.

-Em

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