



SUMMER RICE PUDDING

SERVINGS: 6

ACTIVE TIME: 40 mins

TOTAL TIME: 3 hrs

Beat the summer heat and satisfy your sweet tooth at the same time with this cooling Summer Rice Pudding recipe. Take advantage of the bounty of fruit that summer brings each year and top the pudding off with macerated peaches and sweet and crunchy candied pecans to give the dish an addictive texture. It's high time you get yourself better acquainted with your new favorite summer dessert!

Ingredients

For the Rice Pudding

- > 1 cup white basmati rice
- > 1 1/2 cups water
- > A pinch of salt
- > 5 cups half and half
- > 1/2 cup sugar
- > A large egg
- > 1 teaspoon vanilla extract
- > 1/2 teaspoon fresh ground nutmeg

For the Toppings

- > 1 cup cut peaches (2-3 peaches)
- > 1 tablespoon white sugar
- > 1/2 teaspoon vanilla extract
- > 1 cup pecan halves
- > 2 tablespoons butter
- > 2 tablespoons brown sugar

Directions

1. To make Summer Rice Pudding, start by rinsing the peaches under cold water and cutting them into smaller chunks. Transfer the cut peaches into a small mixing bowl and toss them with 1 tablespoon of sugar and a 1/2 teaspoon of vanilla extract. Cover the bowl with plastic wrap and put it into the refrigerator to allow the sugar to macerate the peaches and create a tasty syrup while you make the rice pudding.
2. In a medium saucepan, combine the rice, a pinch of salt and a cup and a half of water and bring it to a boil. Cover the pan, reduce heat to low and cook the rice for nine minutes.
3. Next you will add 4 cups of half-and-half and a half a cup of sugar to the pan and give it a hardy stir. Increase the heat to medium and bring the liquid back to a simmer. At this point, allow the rice pudding to cook uncovered for approximately 25 minutes. Make sure to stir the pudding occasionally, especially after about 20 minutes when the liquid begins to thicken rapidly.
4. While the rice pudding is cooking, melt 2 tablespoons of butter in a small saucepan over medium heat and add in a cup of pecans. Stir while you toast the pecans for a minute and then add in 2 tablespoons of light brown sugar.

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Shopping List

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| <input type="checkbox"/> 1 cup white basmati rice | <input type="checkbox"/> fresh ground nutmeg | <input type="checkbox"/> 1 cup pecan halves |
| <input type="checkbox"/> 5 cups half and half | <input type="checkbox"/> 2-3 peaches | <input type="checkbox"/> butter |
| <input type="checkbox"/> sugar | <input type="checkbox"/> vanilla extract | <input type="checkbox"/> brown sugar |
| <input type="checkbox"/> eggs | | |

Reduce the heat to low and continue to stir for about a minute while the sugar dissolves and caramelizes. Keep a close eye on the pecans because they go from perfectly done to burnt in a short time. Pour the pecans out onto a piece of wax paper and let cool while you finish the pudding.

5. After the 25 minutes are up, lightly scramble an egg in a small bowl and slowly pour it into the pudding while you stir. Continue to stir while the egg cooks for about a minute and then turn off the heat. At this point, stir in the final cup of half-and-half, a teaspoon of vanilla extract and a $\frac{1}{2}$ teaspoon of freshly ground nutmeg and mix thoroughly to combine. The pudding may look a little thin at first but the liquid will thicken up nicely as it cools.
6. Let the pudding cool on the stovetop for a little while before transferring it to a Tupperware container and moving it into the refrigerator to let it chill completely. You can press a piece of plastic wrap against the surface of the pudding to help keep a skin from forming as it cools in the refrigerator. Once the pudding is cold, serve with the macerated vanilla peaches and candied pecans on top. You can also grate some extra fresh nutmeg on top if you would like. Serve with a spoon.



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