



Travel the World via Your Spice Cabinet Culinary Class with Chef Lisa Fidler January 22, 2015

India

Cardamom Rice Pudding

Highlighted spice is Cardamom

Cardamom is the aromatic seeds of a plant of the ginger family, used as a spice and also medicinally. It is the world's third-most expensive spice, outstripped in price per weight only by saffron and vanilla.

Ingredients

6 cups whole milk
2/3 cup long-grain white rice (not converted)
1/2 teaspoon ground cardamom
1/4 teaspoon ground cinnamon
1/8 teaspoon salt
1 cup grated jaggery (unrefined brown sugar) or turbinado sugar (such as Sugar in the Raw)
1 tablespoon Indian Clarified Butter (Ghee) or melted butter
1/2 cup sliced almonds
1/2 cup raisins

Direction

Bring milk, rice, cardamom, cinnamon, and salt to a boil in a 3-quart heavy saucepan over medium-high heat. Reduce heat to medium-low and simmer, uncovered, stirring frequently, until rice is tender, about 20 minutes. Add sugar and cook, stirring, until slightly thickened, about 5 minutes.

Heat ghee in a 10-inch heavy skillet over medium heat until hot, cook almonds, stirring, until golden. Add raisins and cook, stirring, until coated with ghee and slightly puffed.

Stir almond mixture into rice pudding and serve warm.