

Cardamom Rice Pudding

Serves 2

When you're awash with milk, whip up this simple creamy rice pudding instead of leaving your milk to go off. Rice pudding is a delicious dessert but this healthy recipe works for a weekend breakfast too. I eat mine with fruit compote made with plums, blackberries, or whatever's in season. Oh, and to make life even easier, you don't need fancy pudding rice – I usually use basmati and it does the job brilliantly.

Preparation time: 15 minutes (includes making the compote)

Cooking time: 15 minutes

INGREDIENTS

For the Plum and Blackberry Compote

2 ripe plums, halved and de-stoned

150g blackberries

2 tablespoons maple syrup

Grated zest and juice of 1 orange

For the Rice Pudding

500ml rice milk or other milk

200g coconut cream

1 vanilla pod

1 cinnamon stick

1 cardamom pod

1 tablespoon maple syrup

120g basmati rice, rinsed

2 tablespoons flaked almonds, to serve

Extra maple syrup, to serve

For the Vanilla Yoghurt

100ml coconut or natural yoghurt

1 teaspoon vanilla paste

METHOD

Perfect for this is: Le Creuset 3-Ply Stainless Steel 20cm Non-Stick Open Sauté Pan

1. First make the fruit compote. Place the blackberries and plums in a saucepan with the maple syrup, orange zest and juice. Bring to the boil, then lower the heat and simmer for 15–20 minutes until cooked through. Keep warm to serve with the rice pudding.
2. Meanwhile, put the milk, coconut cream, vanilla pod, cinnamon stick, cardamom pod and maple syrup in the sauté pan over a medium to low heat. Bring to a simmer and cook gently for 5 minutes, reducing the liquid by approximately half.

3. Then bring to the boil and add the rice. Cook for 10 minutes, stirring well, until the rice is cooked through. Remove the cinnamon stick, vanilla pod and cardamom pod.
4. Mix together the yoghurt and vanilla and serve with the rice pudding and a generous dollop of the fruit compote.

