Aarti's Indian Rice Pudding

Arti Sequiera, Food Network, Dec. 2010



Servings: 6

1/2 cup basmati rice
6 cups whole milk
1 teaspoon ground cardamom
1/2 cup sugar, [I used Splenda]
1 teaspoon rosewater, or 1 teaspoon vanilla extract
3 tablespoons pistachio nuts, minced unsalted, plus extra for garnish (or almonds)

1. In a large, heavy-bottomed pot, bring the rice, milk, and cardamom to a boil over medium-high heat, stirring constantly with a heat-safe spoonula to help keep the milk from burning.
2. Reduce the heat so that the milk is gently simmering and cook for 45 to 50 minutes, stirring often. The rice should be tender and the milk will have reduced by half, giving a porridge-like consistency.
3. Add the sugar, rosewater or vanilla, and pistachios. Stir and turn off the heat. Serve either warm or chilled, garnished with extra pistachios. Goes well with fresh fruit too.

A super-creamy Indian-flavored rice pudding.

Per Serving (excluding unknown items): 290 Calories; 10g Fat (32.0% calories from fat); 10g Protein; 40g Carbohydrate; 1g Dietary Fiber; 33mg Cholesterol; 130mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Non-Fat Milk; 2 Fat; 1 Other Carbohydrates.