

From the kitchen of: **Nate Looker**  
senior, global resource systems (courtesy Alton Brown, Food Network)

Read about Nate at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *Indian Rice Pudding*

### INGREDIENTS:

- 1 cup cooked long grain or basmati rice
- 1 cup whole milk
- ½ cup heavy cream
- ¾ cup coconut milk
- 2 ounces sugar, approximately ¼ cup
- ¼ teaspoon ground cardamom
- 1 ½ ounces golden raisins, approximately ⅓ cup
- 1 ½ ounces chopped unsalted pistachios, approximately ⅓ cup

**DIRECTIONS:** In a large nonstick sauté pan over medium heat, combine the cooked rice and milk. Heat until the mixture begins to boil. Decrease the heat to low and cook at a simmer until the mixture begins to thicken, stirring frequently, approximately five minutes. Increase the heat to medium, add the heavy cream, coconut milk, sugar, and cardamom and continue to cook until the mixture just begins to thicken again, approximately five to ten minutes. Use a whisk to help prevent the cardamom from clumping. Once the mixture just begins to thicken, remove from the heat and stir in the raisins and pistachios. Transfer the mixture to individual serving dishes or a glass bowl and place plastic wrap directly on the surface of the pudding. Serve chilled or at room temperature. Serves four.

