



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Creamed Rice Pudding

Ingredients

1 cup cooked rice
2 cups milk
¼ - ½ cup sugar
Vanilla essence

Preparation

Stir ingredients together and place in an oven proof dish.

Bake until top begins to caramelize.

Remove from oven and stir vigorously to "cream".

Vary perfumes to suit cultural preferences and create your own version of this recipe □ try chocolate, chocolate and chili, pandan essence, saffron threads, cinnamon, nutmeg, cardamom

You can also use different kinds of milk soy, almond, goat.



Recipe shared at the Auburn Youth Group workshop



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