World Environment Day Sunday 5 June 2011
HOST A LUNCH
SAVE THE WORLD Get Involved
A YUPPIECHEF BITE SIZED INITIATIVE
in support of Soil For Life

Caramelised naartjie and cardamom rice pudding

Wondering how to finish off your sublime Eat For The Earth lunch? Try this winter warmer from Pete Goffe-Wood, part of his glorious menu:

Smoked Franschhoek trout, sweet corn and buttermilk blinis, chives and crème fraiche
Fillet of beef, roasted red onion and rocket salad, chilli and roasted garlic butter
Caramelised naartjie and cardamom rice pudding

This nursery classic has been give a bit of a local spiced twist. Cook it on the stove top by all means but I prefer the long slow version cooked in the oven as this method produces that all important and scrumptious skin.

Ingredients (serves 6):
3 tbsp butter
½ cup sugar
½ cup pudding or risotto rice
1 vanilla pod, scraped
1 cup cream
2 ½ cups milk
1 tsp cardamom pods
Zest of 4 naartjies

Method:
1. *Melt the butter and sugar together and cook to a light caramel.*
2. *Add the rice and stir.*
3. *Add milk, cream, scraped vanilla pod, naartjie zest and cardamom pods. Bring to the boil then lower the heat and simmer gently for approximately 30 minutes until the rice is soft. Alternatively place uncovered in the oven and bake slowly for approximately 1 hour at 120°C.*

Thanks to Pete, Kitchen Cowboys and Lannice Snyman Publishing for this gorgeous recipe and photo.