



INGREDIENTS

- 50g basmati rice
- Pinch saffron threads
- 1½ cups milk
- 1 tablespoon castor sugar
- Pinch ground cardamom
- 1 teaspoon slivered pistachios
- 1 teaspoon sultanas

Indian Rice Pudding

Called payasam or kheer, this rice pudding is one of the most typical southern Indian desserts and has as many variations as there are cooks. At its simplest, it's rice simmered in milk with a pinch of sugar and spice, though it's often flavoured with fruits, like mango or jackfruit, or with rosewater and garnished with nuts and dried fruit. I like it sprinkled with the vibrant Persian pistachios from Saffron & More.

Serves 2

METHOD

1. Rinse rice under cold water several times then soak in cold water for 20 minutes.
2. Meanwhile, add saffron to 2 teaspoons of the milk and set aside.
3. Drain rice well and place in a saucepan with remaining milk and sugar.
4. Bring to the boil over medium heat, reduce heat and simmer for 20 minutes or so, stirring occasionally, until rice is tender.
5. Stir in cardamom and saffron mixture and remove from heat.
6. Cover and set aside for 20 minutes or so, until all of the liquid has been absorbed.
7. Serve warm scattered with pistachios and sultanas.