



Brûléed Middle Eastern Rice Pudding

Serves: 4

TASTE OF JUNE FACT

It is believed that the humble rice pudding, or what is called Roz bel laban, originated in the Middle East. Interestingly, references to it are found in medical rather than cookery texts, as it was associated with good digestion and recommended to people of all ages for a stomach illness. While many countries around the world have their own version of rice pudding, this recipe is inspired by the dish's origins and flavoured with orange flower water and almonds but finished with a touch of France by adding a crunchy brûlée topping.

INGREDIENTS

- 150gm Arborio Rice - rinse under cold running water and drain.
- 1/4 tsp Sea Salt
- 350ml Cold Water
- 30gm Unsalted Butter - warm to room temperature.
- 600ml Full Cream Milk - warm.
- 75gm Pure Icing Sugar - sieve.
- 30ml Orange Flower Water
- 8 tsp Caster Sugar
- 60gm Almond Flakes - roast until lightly browned.
- 1 Orange - remove peel and pith and discard.
- Carefully cut out the flesh between each segment of the orange, retaining the segments and discarding the remainder of the orange.

METHOD

1. Over a moderate heat, in a saucepan, add the rice, salt, and cold water, mix to combine. Bring it up to the boil while stirring regularly, then add the butter and mix to combine. Reduce the heat to low, cover the saucepan with a tight fitting lid and allow the rice to gently simmer for 15 minutes or until the water has almost completely absorbed.
2. Add the milk and icing sugar, mix to combine. Increase the heat to moderate and bring the rice pudding back to the boil, then boil uncovered for 5 minutes, stirring regularly, or until the rice is tender and the mixture has the consistency of runny porridge.
3. Add the orange flower water and mix to combine. Remove the rice pudding from the heat and allow it to cool to room temperature.
4. Evenly distribute the rice pudding between the required number of serving dishes.
5. Pre-heat a grill to high or ignite and set a blow torch to high.
6. Evenly sprinkle 2 teaspoons of caster sugar over the top of each rice pudding. Place the puddings under the grill or blow torch until the sugar has caramelised and turned a dark golden brown in colour, then remove from the heat and allow the toffee to cool and set.



TO SERVE

Top each rice pudding with a light scattering of toasted almond flakes and 2-3 orange segments.