

## **RICE CUSTARD and PEAR PUDDING**

Gluten Free Dairy Containing Low Chemical

Serves 4

Preparation time: 1 hour 45 minutes

### **Ingredients:**

300ml milk

300ml pouring cream

¼ cup caster sugar

1 vanilla bean pod

3 eggs

1 extra egg yolk

70g Arborio rice

4-6 pear halves (in syrup)

Butter or Nuttalex for greasing



### **Methods:**

- Preheat oven to 160°C
- In a saucepan place the milk, cream, sugar, split vanilla pod and scraped out seeds
- Over a medium heat, stir until the sugar dissolves and it is luke warm
- Remove from the heat and let the pan sit for 15 minutes for the vanilla flavour to infuse the milk.
- Grease a 6-cup ovenproof dish and stand it in a large roasting tray
- Boil a large jug of water
- In a clean bowl add the 3 eggs and extra yolk and whisk together
- After the milk is infused, remove the vanilla pod and discard
- Whisk the eggs into the infused milk mixture
- Add the rice and stir it through
- Pour the rice, milk and eggs into the greased baking dish
- Pour enough boiling water into the roasting pan (not the milk mixture), until it comes half way up the side of the baking dish
- Bake for 15 minutes and then stir the rice up from the bottom and through the mixture
- Bake a further 15 minutes and restir the rice up from the bottom of the bowl
- Bake a further 30 minutes and then increase the temperature to 220°C
- When at this temperature, cook for a further 10 minutes or until golden
- Remove from the oven and let it stay in the water bath for a further 15 minutes before serving
- Serve topped with sliced pear.
- Warm the pear a little if you prefer, before adding it to the rice custard