

# Rice Pudding

## SOUTH ASIA

Serves 6

### BUY or GROW IT

- 2 cups milk
- 10 cardamom pods
- 4 cinnamon sticks
- 2 bay leaves
- 125 grams rice
- 2 tablespoons sugar
- ½ cup sultanas
- ½ cup almonds, slivered

### DO IT

1. place milk and spices in a large saucepan, bring to boil
2. add rice, simmer gently until soft (approximately 45 minutes)  
Rice needs to be mushy and the mixture a little runny. If using cooked rice, decrease the cooking time
3. add sugar when nearly cooked
4. stir in sultanas and almonds to serve





COOKING  
CULTURALLY



## Curried Sweet Potato Soup

SOUTH ASIA

**Serves 4**

### BUY or GROW IT

- 2 tablespoons butter
- 1 medium onion, diced
- 2 cloves garlic, crushed
- ½ -1 teaspoon curry powder
- 500 grams sweet potato, peeled and diced
- 1 cup water
- 3 teaspoons vegetable or chicken stock powder
- 3 cups milk
- ¼ cup cream (optional)

### DO IT

1. sauté onion, garlic and curry powder in melted butter in a large saucepan
2. sauté sweet potato in pan for 1-2 minutes without browning
3. combine water and stock powder, then add to the pan. Bring to the boil and cook for 30 minutes or until soft
4. puree cooked mixture until mushy. Stir, adding splashes of milk, to preferred consistency
5. heat through, without boiling
6. stir in cream

### VARIATION

Add 1-2 teaspoons crushed ginger when sautéing and 1 cup coconut milk when adding milk