Apple Cinnamon Rice Pudding

Four apple cinnamon rice-pudding bowls · Active 25 min · Total 1 hr 20 min

Skills: Gently simmering rice in milk, softening small apple cubes and cooling a thick rice pudding quickly

Ingredients

• 2/3 cup dry long-grain white rice (120 g), rinsed

• 1 cup water for initial rice cooking (240 ml)

• 2 1/2 cups milk (600 ml), or milk powder reconstituted according to label then measured

• 2 medium apples, peeled, cored and cut into 1/4-inch/6 mm cubes (300 g prepared weight)

• 2 1/2 tablespoons sugar (30 g)

• 1/2 teaspoon ground cinnamon (1 g)

• 1/8 teaspoon fine salt (0.75 g)

• Up to 1/2 cup extra water (120 ml), only if needed before rice is tender

Set out

Heavy saucepan with lid, Knife and board, Wooden spoon, Shallow storage containers, Food thermometer

Allergens

milk. Check labels and substitutions.

Make it

1. Put rice and initial 240 ml water in the heavy pan. Bring to a boil, cover, lower heat and simmer for 10–12 minutes until most water is absorbed and the grain has begun softening.

2. Stir in milk, sugar, cinnamon and salt. Bring back to gentle bubbling and cook uncovered over low heat for 15 minutes, stirring often from the bottom.

3. Add the small apple cubes. Continue a gentle simmer for 15–20 minutes, stirring, until rice and apple are fully tender and the pudding is creamy but slightly loose. Add extra water a tablespoon/15 ml at a time only if thickening before the rice is tender, up to 120 ml.

4. Rest off heat for 5 minutes, then divide into four bowls. Serve warm, or cool shallow saved portions rapidly, ideally refrigerating within 1 hour.

Prepared apple weight

The 300 g measure is peeled and cored apple. Cores and peel are not counted as part of the pudding quantity.

Ingredient labels

Milk or reconstituted milk powder supplies milk. Check actual milk-powder and fruit-product labels for added ingredients.

A useful detail

The 80-minute total includes apple preparation, water cooking, two gentle milk stages and a short rest. The rice must be fully tender rather than stopping on the first thickening.

Keep it well

Cool pudding rapidly in shallow containers, ideally within 1 hour, and refrigerate at 40°F/4°C or below. Use within 24 hours of cooking rice. Serve cold from the refrigerator or reheat a portion only once to 165°F/74°C, stirring with a little water. Freeze promptly cooled portions within that safe window for up to 1 month, thaw in the refrigerator and reheat once promptly; texture becomes grainier.