

MILK TART RICE PUDDING CUPS

Makes 12

INGREDIENTS

- 1 roll (400g) store-bought puff pastry
- ½ cup Spekko Long Grain Parboiled White Rice
- 2½ cups milk
- ½ tsp vanilla essence
- 1½ tbs ground cinnamon
- 2 egg yolks
- ⅓ cup sugar
- ¼ tsp salt
- 1 cup cream

METHOD

1. Preheat the oven to 180°C and grease a medium 12-hole muffin tin.
2. Roll the pastry out to ½cm thickness, cut small, +-8cm circles out of the pastry using a cookie cutter or a small drinking glass.
3. Press the cut pastry dough into the greased muffin tins and prick the base of each pastry shell using a fork. Place a square of baking paper over the base of each pastry and fill it with dry Spekko Long Grain Parboiled White Rice. Blind bake the shells for 15-20 minutes until the pastry is golden and cooked through. Leave them to cool in the muffin tin for at least 10 minutes and pack the pastry shells on a cooling rack. Remove the rice using the baking paper to assist. **Chef's Tip: Store the rice in a zip-seal bag and re-use for other baking recipes!*
4. In a large pot add the Spekko Long Grain Parboiled White Rice, milk, vanilla and cinnamon. Bring to a boil, reduce the heat to a medium and cover with the lid. Allow to simmer for 20-25 minutes, stirring occasionally, until most of the liquid is absorbed and the rice is tender.
5. In a separate bowl, whisk together the egg yolks, sugar, salt and cream until smooth and creamy.
6. Once the rice is cooked, pour the creamy egg yolk mixture into the rice while stirring constantly for approximately 4-5 minutes until the pudding thickens. Remove from the heat.
7. Allow the rice pudding to cool slightly before using a spoon to scoop it into the cooled pastry shells, allow to cool completely before serving.
8. Dust with ground cinnamon, serve with a cup of tea and ENJOY!