



Recipe of the Week

CARAMELISED APPLE & RICE PUDDING

Rice Pudding

- ¼ cup raw sugar
- 2 egg yolks
- 1 litre full cream milk
- ½ cup short or medium-grain rice
- 1 vanilla pod, split lengthwise
- Pinch of salt
- Butter for greasing

Method

1. Whisk together the sugar and egg yolks then whisk in the milk
2. Stir in the rice, vanilla bean and salt. Preheat the oven to 150 degrees C
Lightly butter a 1.5 litre dish
3. Pour in the rice mixture and stir to distribute evenly
4. Bake for 1 hour then give it a stir
5. Bake for another 30 minutes then remove the vanilla bean and discard, and give the pudding another stir
6. Bake a further 30 minutes undisturbed. Serve with caramelised apples

Caramelised Apples

- 3-4 firm apples, peeled, cored and cut into 1cm wedges
- 1 tabspn lemon juice
- ¼ cup raw sugar
- 1 tabspn golden syrup
- 30g butter

Method

1. Toss the apples with the lemon juice and set aside
2. Heat sugar and golden syrup with 1 Tbsp of water in a frying pan over a medium heat, stirring until the sugar has dissolved and the mixture is bubbling
3. Allow it to bubble, without stirring, for 1 minute, then raise the heat to hot
4. Add the apples and butter, and stir to coat
5. Cook a further 8-10 minutes, stirring.