

Vanilla Rice Pudding With Poached Rhubarb

Equipment needed –

Small knives, chopping boards, measuring cups, measuring spoons, peeler, large saucepan, medium saucepan, baking dish and 24 small serving bowls.

Ingredients from the Garden –

- 1 bunch rhubarb (600grams) washed trimmed and cut
- 3 strips lemon rind

Ingredients from the Pantry –

- 4 cups soy milk
- 1 cup of Arborio rice
- ¼ cup caster sugar
- 1 teaspoon vanilla extract
- 1 cup caster sugar
- 1 cinnamon stick

What to do –

1. Measure out 4 cups of soy milk and place in a large saucepan.
2. Measure out 1 cup of rice and add to the saucepan with the milk.
3. Measure out ¼ cup of sugar and 1 teaspoon of vanilla extract and add to the saucepan with the milk and rice.
4. Turn onto a medium heat and bring the pan to the boil.
5. Reduce the heat to low and simmer for 25 minutes, stirring every 5 minutes. The rice is ready when it is tender and creamy.
6. Meanwhile, while the rice is cooking, wash and cut the rhubarb and reheat the oven to 160°C.
7. Peel 3 strips of lemon rind
8. Measure out 1 cup of sugar, place in a medium saucepan with the cinnamon stick, the lemon strips and 1 cup of cold water.
9. Turn onto a low heat, and cook stirring for 5 minutes or until the sugar has dissolved.
10. Increase the heat to high, and bring to the boil without stirring for 2 to 3 minutes or until the mixture slightly thickens.
11. Place the rhubarb in a single layer in a large baking dish.
12. Add the sugar mixture. Cover the dish with foil and bake in the oven for 20 minutes or until the rhubarb is tender. Once cooked, remove the cinnamon stick and lemon rind and throw away.
13. To serve, divide the rice mixture between 24 small bowls and top with the poached rhubarb.

Serves –

- 28 students.