

Kheer (Rice Dessert)



Prep Time: 1.5 hours. Serves: 12-16 people

Ingredients:

- 1.5 cup basmati rice
- 1 gallon whole milk
- 1 cup of sugar (or a little bit more as needed)
- 12 green cardamoms (crushed)
- A pinch of saffron (optional)
- 40 almonds, blanched and sliced
- 30 cashews, crushed
- 4 tablespoons golden raisins

Procedure:

1. Rinse the rice at least three times until the water runs clear.
2. Soak the rice in enough water, so it is submerged, for at least 30 minutes. Drain the rice and keep aside.
3. Heat milk and let it come to a boil.
4. Reduce the flame and add the rice.
5. Stir and simmer the milk and let the rice grains cook so that they start to get soft.
6. The process of cooking the rice in the milk takes about approx 35-40 minutes on low flame.
7. Let the mixture thicken somewhat and then add sugar.
8. Stir and continue to stir often so that lumps are not formed.
9. Remove the peels and crush the seeds of the cardamoms as much as possible. Set aside.
10. If using whole almonds, then slice them first before blanching them on high heat. Add crushed cashews and set aside.
11. When the rice is almost $\frac{3}{4}$ th cooked, add the almonds, cashews, cardamom powder and saffron.
12. Cook further until the rice grains are completely cooked.
13. Kheer/rice would also thicken by then.

14. Remember to keep on scraping the sides and adding the dried milk from the sides into the simmering kheer.
15. Switch off the flame and add the raisins. Stir some more.
16. You can serve the rice kheer, hot or warm. or pour in serving bowls and refrigerate.
17. The rice kheer stays good for a few days in the refrigerator.

Note: If the mixture is getting too thick and rice is not getting cooked enough, add a bit of water.

A Casa de Montaña Bed & Breakfast recipe