



**Food for Thought**  
**A Life in Four Courses**



# Kavita's Rice pudding

**“Annaprasan is a Sanskrit word that means grain initiation and is the first day a baby would start on solid food. Rice pudding is the main food of the Annaprasan ceremony and that’s what the baby is fed.”**

KAVITA BAM, FOOD FOR THOUGHT PARTICIPANT

## Ingredients

- ½ cup of basmati rice soaked in water for around half an hour
- 1 litre milk
- 5-6 crushed cardamom pods
- ½ cup of sugar
- 1 handful of blanched almonds and cashews

## Method

Heat the milk in a thick bottomed pan along with the cardamom pods. Drain the rice and add it to the milk. Bring to a boil.

Let it cook on a slow or medium heat for around 30 minutes or until the rice is half cooked. Stir it a few times as it is cooking.

Add the sugar and allow it to simmer on a low heat until the rice is fully cooked and the mixture is thick.

Add the blanched almonds and cashews just before removing from the heat and give it a quick stir.

The rice pudding is ready to be served hot or it could be served cold after one hour or so.

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