

Apricot Rice Pudding

Tangy sweet flavours in a hot filling pudding.

The origins of this **English**¹ dish are lost in the mists of time and Fair Trade.

Serves 4.

Ingredients

125 gm **FAIRTRADE** dried apricots
100 ml **FAIRTRADE** orange juice
50 gm short grain brown rice
2 hens eggs
75 gm **FAIRTRADE** demerara sugar
600 ml milk
several butter
dobs

To serve

Serve hot.

If they are really hungry, serve also with **Custard**².

Variation

Add a dessert spoon full of **FAIRTRADE** sultanas to the simmering apricots.

Method

Preparation

Soak the apricots overnight in the **FAIRTRADE** orange juice.

Cooking

If necessary simmer the apricots in the juice for an hour to make them really tender.

Drain the liquid and put the apricots in the bottom of a greased oven-proof dish.

Spread the rice over the apricots.

Whisk the eggs with the sugar and add the milk. Pour the mixture over the rice and dot with dobs of butter.

Bake at Gas Mark 4 for 90 minutes.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²<http://www.fairtradecookbook.org.uk/recipes/custard.htm>