

Rice Pudding (Kheer)

Ingredients

- 1 cup rice
- 2 cups water
- 8 cups organic milk (un-homogenized if available)
- 10 whole cardamom pods
- 2 Tbsp Ghee (clarified butter)
- 1½ cup turbinado sugar (optional)
- 1 cup sliced blanched almonds

Directions

1. Clean rice well.
2. Cook rice in water on medium high heat until water is almost cooked off and rice expanded a little.
3. Add milk, cardamom pods and ghee. Bring to boil, then turn down to medium low heat.
4. Stir frequently to prevent burning.
5. Continue to cook for 2-4 hours on medium low heat. It should simmer gently.
6. When milk has boiled for a while and the kheer begins to thicken, add turbinado and stir well (optional).
7. When kheer is thick, add the almonds.
8. Enjoy with cinnamon and extra ghee (optional).