

A Pretty Dish Of Apples And Rice

Ingredients

6 oz. of rice, 1 quart of milk, the rind of 1/2 lemon, sugar to taste, 1/2 saltspoonful of salt, 8 apples, 1/4 lb. of sugar, 1/4 pint of water, 1/2 pint of boiled custard No. 1423.

Method

Flavour the milk with lemon-rind, by boiling them together for a few minutes; then take out the peel, and put in the rice, with sufficient sugar to sweeten it nicely, and boil gently until the rice is quite soft; then let it cool. In the mean time pare, quarter, and core the apples, and boil them until tender in a syrup made with sugar and water in the above proportion; and, when soft, lift them out on a sieve to drain. Now put a middling-sized gallipot in the centre of a dish; lay the rice all round till the top of the gallipot is reached; smooth the rice with the back of a spoon, and stick the apples into it in rows, one row sloping to the right and the next to the left. Set it in the oven to colour the apples; then, when required for table, remove the gallipot, garnish the rice with preserved fruits, and pour in the middle sufficient custard, made by recipe No. 1423, to be level with the top of the rice, and serve hot.

Source: Mrs Beeton's Book of Household Management (1861)

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