

Baked Or Boiled Ground Rice Pudding

Ingredients

2 pints of milk, 6 tablespoonfuls of ground rice, sugar to taste, 4 eggs, flavouring of lemon-rind, nutmeg, bitter almonds or bay-leaf.

Method

Put 1-1/2 pint of the milk into a stewpan, with any of the above flavourings, and bring it to the boiling-point, and, with the other 1/2 pint of milk, mix the ground rice to a smooth batter; strain the boiling milk to this, and stir over the fire until the mixture is tolerably thick; then pour it into a basin, leave it uncovered, and when nearly or quite cold, sweeten it to taste, and add the eggs, which should be previously well beaten, with a little salt. Put the pudding into a well-buttered basin, tie it down with a cloth, plunge it into boiling water, and boil for 1-1/2 hour. For a baked pudding, proceed in precisely the same manner, only using half the above proportion of ground rice, with the same quantity of all the other ingredients: an hour will bake the pudding in a moderate oven. Stewed fruit, or preserves, or marmalade, may be served with either the boiled or baked pudding, and will be found an improvement.

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

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