

# Rice Blancmange

## Ingredients

1/4 lb. of ground rice, 3 oz. of loaf sugar, 1 oz. of fresh butter, 1 quart of milk, flavouring of lemon-peel, essence of almonds or vanilla, or laurel-leaves.

## Method

Mix the rice to a smooth batter with about 1/2 pint of the milk, and the remainder put into a saucepan, with the sugar, butter, and whichever of the above flavourings may be preferred; bring the milk to the boiling-point, quickly stir in the rice, and let it boil for about 10 minutes, or until it comes easily away from the saucepan, keeping it well stirred the whole time. Grease a mould with pure salad-oil; pour in the rice, and let it get perfectly set, when it should turn out quite easily; garnish it with jam, or pour round a compote of any kind of fruit, just before it is sent to table. This blancmange is better for being made the day before it is wanted, as it then has time to become firm. If laurel-leaves are used for flavouring, steep 3 of them in the milk, and take them out before the rice is added: about 8 drops of essence of almonds, or from 12 to 16 drops of essence of vanilla, would be required to flavour the above proportion of milk.

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

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