



# KHEER

## RICE PUDDING

### COOKING WITH CULTURE: FESTIVAL FOODS FEAST PRESENTED BY VASAVI PILLA & AAACE

**PREP TIME: 20 MINUTES**

**COOK TIME: 40 MINUTES**

#### INGREDIENTS

**1/4 cup (50 grams) basmati or other rice**

**1 cup of whole milk (rice to milk ratio 1:4)**

**4-5 TBSP (50-62.5 grams) sugar adjust to taste – you can substitute sugar with brown sugar or add more raisins**

**3-4 green cardamom pods slightly crushed**

**Optional Ingredients: slivered almonds, chopped cashews, raisins**

#### NOTES

Kheer, a rice pudding, is probably the most common dessert made in Southeast Asian (India, Pakistan, Nepal, Sri Lanka, Bhutan etc.). It is made with only three basic ingredients: rice, milk and sugar. Use almond milk to make it vegan.

Complete steps 1&2 in advance if cooking with us on Nov 10th.





2020  
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**COOKING WITH CULTURE:  
FESTIVAL FOOD FEAST  
KHEER WITH VASAVI PILLA  
PRESENTED BY AAACE**

## Directions:

1. Rinse the rice 2 or 3 times. Then soak the rice in enough water to cover for 20 to 30 minutes. Once soaked for about 20 minutes, drain the rice and set aside. Do this step in advance if joining us on Nov 10th.
2. Heat a heavy bottom pan on medium heat. Add milk, let the milk boil for 15 minutes. Stir often so that milk doesn't stick to the bottom of the pan. Do this step in advance if joining us on Nov 10th.
3. Add rice, almonds and cashews if using. Let it cook for 25 minutes on low heat. Stir every 2 minutes. Make sure the rice is completely cooked.
4. Add in the sugar and raisins. Mix well so that sugar dissolves completely. Keep cooking for 1-3 minutes after adding sugar.
5. Once the rice is cooked through, the Kheer/rice pudding will be either thick or little bit watery. If you want the pudding to be thick, keep cooking. If you prefer it thin, remove it from the heat. Remember that It will continue to thicken as it cools down.

Serve it either warm or cold. Try it warm during the winter and enjoy it cold during the summer.

