

Roz Bil Haleeb

Rice Pudding

Serves 8

This version of rice pudding uses spices common to desserts in the Arabian Gulf region. It was given to me by a woman here in Kuwait.

2 cups cooked rice	1 ½ teaspoons orange blossom water
4 cups milk	1 tablespoon rose water
¼ cup sugar	honey, to taste
3 eggs	cinnamon, to taste
½ teaspoon ground cardamom	

Mix rice, milk and sugar together in a saucepan. Beat the eggs slightly and add to mixture. Simmer gently over low heat for 30-45 minutes, stirring frequently. Stir until the pudding has thickened. Remove from heat and add the cardamom, orange blossom water and rose water. Cool for 15 minutes or so. Pour into serving dishes. Sprinkle cinnamon on top and serve with honey. Can be served hot or cold.

Note: I believe you could probably bake this in the oven like you would traditional rice pudding as well. I have not tried it, but I would think that the waters and cardamom could be added and then the pudding could be baked at 350 degrees F. for about 1 hour in a well greased baking dish.

Nutrition (per serving): 193 calories

<i>Saturated fat</i>	<i>3 g</i>	<i>Cholesterol</i>	<i>96 mg</i>	<i>Sodium</i>	<i>84 mg</i>
<i>Total Fat</i>	<i>6 g (28% of calories)</i>	<i>Fiber</i>	<i>0 g</i>	<i>Iron</i>	<i>1 mg</i>
<i>Protein</i>	<i>8 g (16% of calories)</i>	<i>Vitamin A</i>	<i>274 IU</i>	<i>Vitamin C</i>	<i>1 mg</i>
<i>Carbohydrates</i>	<i>27 g (56% of calories)</i>	<i>Alcohol</i>	<i>0 g</i>		

Katie Cox
USAGS – Kuwait
January, 2000