



The Oesophageal
Patients Association
Caring for the cancer patient & their family

French Rice Pudding

Serves 3-4

Ingredients

2oz ground rice
2oz sugar
1 pint fortified milk or milk and vanilla Ensure
1 egg

Method

Heat milk and sugar in a saucepan until almost boiling; sprinkle in the ground rice, stirring well until just boiling.

Simmer until rice is tender (3-4 minutes) and allow to cool slightly.

Separate the egg and beat the yolk into the rice. Whisk the egg white and fold into the rice.

Pour into a greased pie dish and stand it in a shallow pan of hot water.

Bake at 350°F (180°C, Reg 4) until well risen (about 20 minutes).

