



CREAMY SHEESE RICE PUDDING

Served with caramelised dried fruits and sesame shortbread | Serves 2

Creamy, dairy free rice pudding with caramelised dried fruits – a sweet treat with none of the guilt thanks to our healthy, low fat cheese alternative.

Ingredients

For the rice pudding

40 g jasmine rice
400 ml soya milk
50 g caster sugar
½ vanilla pod
100 g Bute Island Creamy Original Sheese

For the Sesame Shortbread

50 g sesame flour
25 g plain flour (or gluten-free flour)
25 g caster sugar
55 g vegan margarine
1 pinch of salt

For the caramelised dried fruits

200 g mixed nuts and seeds (walnuts, pistachios, sunflower seeds, linseeds...)
140 g caster sugar

Cooking Method

Rice Pudding

Put the rice, sugar and milk into a medium sized saucepan. Split the ½ vanilla pod horizontally and scrape the seeds into the pan. Stir and bring to the boil. Reduce the heat. Half cover with a lid, cook gently for 40-45 mins over a very low heat, stirring occasionally until the rice has swollen and is very tender. Leave to cool down. Gently fold in 100g of Creamy Sheese and spoon into 4 ramequins.

Caramelised Dried Fruits

Mix together all the ingredients in a pan and place over moderate heat. Stir constantly, allowing the mix to caramelise and making sure all the nuts are well coated. Pour the nuts onto a greaseproof paper. When cooled down, crush the nuts in a food processor, just a few pulses.

Sesame Shortbread

Place the margarine and sugar into a food processor, mix with the paddle until smooth. Tip in both the flours and salt. Mix until thoroughly mixed and a uniform consistency. Roll out about 8mm thick between 2 sheets of baking parchment. Cut long shard shapes ("oriental sticks") with a knife. Lift the bottom paper onto a baking tray. Sprinkle with sesame seeds and bake for 10-12 min 170 degrees (gas 5-6). Once the shortbread is cool, sprinkle the caramelised dried fruits over the Creamy Sheese Rice Pudding and serve with the sesame shortbread on the side. Enjoy!

