



RICE PUDDING & PEACHES

Dessert / Grab & Go: This recipe provides a portion of dairy, and a portion of fruit, and counts towards the requirement to provide one or more portions of fruit each day at lunchtime.

Recipe adapted from: Tony Mulgrew – School Chef at Ravenscliffe High School

Ingredients

750g pudding rice
7L semi-skimmed milk
200g sugar
15g nutmeg
550g sliced peaches, canned, in juice, drained (3200g drained weight)

Method

1. Pre-heat oven 160°C/320°F/gas mark 3.
2. Wash the rice in cold water.
3. Place all ingredients in a Bain-Mari and cook until rice is creamy and soft.
4. Serve with sliced peaches.

Serving suggestion: in a lidded pot for a grab & go dessert.



Number of portions this recipe makes:

50 primary servings (225g)
40 secondary servings (285g)



Prep: 10 minutes
Cook: 1-2 hours



Allergy information:

Milk



Top Tips

Try with different canned or fresh fruits.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose milk which is reduced fat (i.e. has a fat content of no more than 1.8g/100g).