

Muhalbiya al-ruz (Milky rice pudding)

From the garden: orange, fig

Equipment: Measuring cups and spoons Medium bowl Sieve Saucepan Wooden spoon Whisk Mortar and pestle Blender Chopping board Paring knife Peeler Micro-plane	Ingredients: 1 cup basmati rice 4 cups milk 4 strips of orange rind 4 tablespoons sugar 4 green cardamom seeds, crushed ½ teaspoon rose water To top: Fresh orange pieces, dried fig and pepitas.
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What to do:

1. **Wash the rice and let it soak for 30 minutes.** Rinse until the water runs clear, then drain.
2. **Put the rice and 1 cup cold water** in a blender and process until the liquid becomes milky and the mixture just begins to thicken to a paste-like consistency, about 15 seconds. Set aside.
3. In a large, heavy-bottom saucepan, **warm the milk** over medium heat and **add the sugar, orange rind strips and crushed cardamom.** Increase the heat to high and stir frequently with a wooden spoon until the milk mixture begins to bubble around the sides of the pan. Reduce the heat to a simmer and continue to cook for 1 minute, stirring constantly. Strain milk to remove rind and cardamom pods.
4. **Add the rice and cook at a very gentle simmer** until the contents are thickened and the rice is al dente, 15 to 20 minutes. **Be careful to stir frequently**, scraping the bottom and sides of the pan so the pudding cooks evenly.
5. **Add 1 cup boiling water and rose water**, cook at a low simmer just until the water is incorporated, and the pudding again thickens slightly, about 3 minutes.
6. **Remove from the heat** and divide among 20 ramekins. Serve topped with fresh orange, dried fig and toasted pepitas.