

RICE PUDDING

During the time of French occupation nothing was thrown away unless it was spoiled. Rather than throw rice away this custard pudding was made to use the natural sweetness of rice along with fresh eggs and pecans picked from trees in the fields or orchard. Sugar cane flourished (still does) in south Louisiana so we always had sugar.

3 CUPS (750ML) MILK
1-1/2 CUPS (375ML) RICE, COOKED
1-1/2 TBSP (23ML) BUTTER, MELTED
1/2 CUP (125ML) SUGAR
1/2 TSP (2.5ML) SALT
1 CUP (250ML) PECANS, CHOPPED
3 LARGE EGGS, BEATEN

In a 1-1/2 quart (1.5 liter) pot heat to hot (but not boiling) the milk. Add rice and butter and blend in well, remove from heat. In a separate bowl, combine sugar, salt pecans and eggs. Add rice and milk mixture to egg mixture a little at a time and mix until all is combined. Grease a 9 inch (22.5cm) square pan and pour mixture into pan. Pour 1/2 inch (.8cm) water in a 10 x 10 inch (25cm X 25cm) pan and place rice mixture pan into it. Bake at 350°F (175°C) for 1 hour until firm. Serves 4-6.