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
- 5500g 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.

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**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).