



RICE PUDDING APRICOT COMPOTE

Dessert: this recipe provides a portion of fruit and a portion of dairy. It counts towards the standards to provide a portion of fruit and a portion of dairy each day.

Recipe adapted from: Children's Food Trust, Recipe for Success series – Calcium recipes and tips

Ingredients

250g dried apricots ('ready to eat' type), chopped
400g canned peaches (drained weight 230g), chopped
50g caster sugar
1.4 litre semi-skimmed milk
20g custard powder
90g pudding rice
15g lemon peel, grated

Method

1. Purée half the dried apricots and peaches, then mix with the remaining chopped fruit.
2. In a pan, gently heat the sugar, milk and custard powder.
3. Add the rice and lemon peel and cook until the rice has absorbed the milk. Alternatively bake in the oven at 160°C/320°F/gas mark 3 for 1½-2 hours.
4. Serve in bowls topped with 1½ tablespoons of fruit compote for primary serving and 2½ tablespoons for secondary serving.

Serving suggestion: replace compote with puréed apple or pear.



Number of portions this recipe makes:

14 primary servings (140g, 34g fruit, 110g rice pudding)

10 secondary servings (200g, 48g fruit, 155g rice pudding)



Prep: 15 minutes

Chill: 1-2 hours



Allergy information:

Milk, sulphites



Top Tips

For best results rinse the rice before use.

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).