

Payasam Recipe

Ingredients: Serves 4-5

1 liter (4 cups) full-cream milk
90 g (3 oz) basmati rice, rinsed and drained
3 cardamom pods, lightly crushed
¼ teaspoon ground nutmeg
100 g (3½ oz) sugar
2 tablespoons ghee or butter
100 g (3½ oz) raw cashew nuts
4 tablespoons raisins
pinch ground cardamom, for garnish if desired

Method:

Over medium heat, bring milk to the boil in a large heavy-based saucepan, stirring occasionally. Add rice, cardamom and nutmeg and return to the boil. Reduce heat to low and cook, partially covered, for about 40 minutes or until rice is soft, stirring frequently. When rice is done, stir in sugar until dissolved. Switch off heat, cover and set aside. Melt ghee in a small frying pan over medium-low heat. Add cashew nuts and raisins and fry until nuts are lightly browned, 4 to 5 minutes. Stir nuts and raisins into payasam, reserving a few for garnish. Serve payasam hot or cold, garnished with reserved nuts, raisins and a sprinkle of ground cardamom if desired.

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