

Potage of ris

Medieval
Cookery

Recipe by Daniel Myers

This recipe makes a rice pudding similar to the Indian dessert payasam. It does not directly correspond to any of the source recipes given but is a sort of average version, combining their more common aspects.

4 cups milk
1/2 cup sugar
1 to 2 cups rice, fully cooked
1/4 cup almonds, sliced
2 Tbsp. butter
pinch saffron, ground

Bring milk to a low boil, stirring constantly. Keep stirring and simmer until the milk is reduced to half or three quarters of original volume. Add rice, sugar and saffron. Saute almonds in butter to use as a garnish. Serve warm.

