

Microwave Kheer

Ingredients:

- ¼ to ½ cup white sugar (to taste)*
- 2 cups whole milk
- 1½ cup cooked short grain rice
- ¼ teaspoon cardamom
- Pinch of saffron strands to garnish

Needed equipment/tools:

- Microwave
- 8 cup (or larger) microwave safe bowl (one with a handle works well)
- Wooden or plastic wide stirring spoon
- ¼ and 1/3 dry measuring cup
- Fork
- Potholders
- Timer
- Cinnamon and/or vanilla, if preferred instead of cardamom

1. Combine the milk and the sugar in the microwave safe bowl. *The amount of sugar you use depends on how sweet you like things. When we made this first, ½ cup was too sweet. When we made it next, ¼ cup was not sweet enough. When we make it during Tasty Travels, we will use 1/3 cup. Stir the milk and sugar to help the sugar dissolve a little. Add the cooked rice. Stir to combine and break up any clumps of rice that have stuck together.
2. Microwave for 14 minutes in 2 minute intervals, stirring after each interval. **BE VERY CAREFUL when you remove the bowl from the microwave. Use potholders if your bowl does not have a handle, and have a grown-up help. The mixture will be very hot. Watch carefully to make sure the mixture does not boil over.**
3. When you have completed the seven two minute microwave intervals, CAREFULLY remove the bowl from the microwave. Smell the cardamom and decide if you would like to try it (Ms. Kristy and Ms. Annette LOVE cardamom). Add the ¼ teaspoon of cardamom OR ¼ teaspoon of cinnamon and/or vanilla. Stir thoroughly to combine.

Kheer (or any kind of rice pudding) can be eaten warm or cold. If you chill the mixture for 10 minutes in the freezer (stirring after the first 5 minutes), it is cool enough to get a taste.

Adapted from “Microwave Kheer Recipe” by Sherin Deepu <https://food.ndtv.com/recipe-microwave-kheer-296317> and “Leftover Rice Kheer Recipe” by Sandhya Riyaz <https://www.sandyathome.com/2017/10/31/leftover-rice-kheer-cooked-rice-kheer-chawal-ki-kheer/>