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Persian Rice Pudding

Local Spice Blend - Advieh

A heady blend of Persian spices to sprinkle over savory rice, rub over meats, or add to stews. It is good on Persian rice pudding, too.

2 tbsp dried rose petals

2 tbsp cardamom seeds

1 tbsp cumin seeds

2 tbsp ground cinnamon

2 tbsp ground ginger

Grind the whole spices and combine with the cinnamon and ginger.

PERSIAN RICE PUDDINGS

Serves 6

Prep time 15 mins, plus up to 1 hour infusing

Cooking time 45–50 mins

½ cup (150 g) short-grain white rice, washed

2 ½ cups (600 ml) full-fat milk

1 ¼ cups (300 ml) heavy whipping cream

2 tbsp honey

strip of zest from 1 orange

2 tsp orange flower water

1 vanilla pod, split and seeds scraped out

pinch saffron strands, ground to a powder

1 tbsp advieh spice mix, plus extra to serve

6 Medjool dates, pitted and roughly chopped

1 tbsp pistachio kernels, cut into slivers

1 tbsp dried rose petals

1. Preheat the oven to 325°F (160°C).
2. Divide the rice between six 7 fl oz (200 ml) ramekins.
3. Combine the milk, cream, honey, orange zest, orange flower water, vanilla pod and seeds, and ground saffron in a large, heavy-based saucepan. Set over medium heat, stirring until the honey dissolves and the saffron turns the milk pale yellow.
4. Heat to just below boiling point, then turn off the heat and allow to infuse for at least 10 minutes, or up to 1 hour.
5. Strain the milk, discarding the zest and vanilla pod, and divide between the six ramekins, pouring it over the rice. Sprinkle the advieh spice mix over the surface of each pot.
6. Cook for 45–50 minutes or until the rice is completely soft and the spice has formed a thin brown skin on top.
7. Remove the pots from the oven and allow to cool a little.
8. Top each pudding with chopped dates, pistachios, and dried rose petals. Sprinkle over a little more of the advieh and serve warm or cold.



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