



“Just Desserts”

from America’s Favorite Rice Brands!

Mahatma

WaterMaid

CAROLINA



BAKE IN THE OVEN!

Southern Rice Pudding

- 1 cup MAHATMA®, WATER MAID®, CAROLINA®, or RIVER® rice
- 4 cups milk, divided
- 2 tablespoons butter or margarine
- 1 cup sugar
- 4 eggs
- Grated rind of 1 lemon
- 1/4 teaspoon cinnamon
- Dash of nutmeg

Soak rice in 2 cups milk for 2 hours. Add remaining milk to rice and cook over low heat 20-30 minutes or until tender. Set aside to cool.

Preheat oven to 350°F.

Combine softened margarine and sugar. Beat eggs until frothy; add sugar mixture and rice. Flavor with lemon rind, cinnamon and nutmeg. Pour into buttered casserole and bake 45 minutes. Serve warm or cold, plain or with cream and sugar. Serves 6 to 8.

SIMPLY DELICIOUS

Tutti Frutti Rice Cream

- 1 can (8 ounces) crushed pineapple or pineapple tidbits in juice, undrained
- 1 teaspoon lemon juice
- 2 cups miniature marshmallows
- 1 cup cooked MAHATMA®, WATER MAID®, CAROLINA®, or RIVER® rice
- 1 can (11 ounces) mandarin orange segments, drained
- 1/4 cup sugar
- 1/2 teaspoon cinnamon
- 1 to 2 cups thawed frozen whipped topping

Drain pineapple, reserving juice. Combine pineapple juice, lemon juice and marshmallows in large bowl; mix lightly to coat. Add cooled rice, pineapple, oranges, sugar and cinnamon; toss lightly. Spoon into individual dessert dishes; chill. Top with whipped topping just before serving. Serves 8.




MICROWAVE EASY

Raspberry Almond Rice

1 cup MAHATMA®, WATER MAID®,
CAROLINA®, or RIVER® rice
2 cups skim milk
1/8 teaspoon salt

Low-calorie sugar substitute to
equal 2 tablespoons sugar
1 teaspoon vanilla extract

3/4 cup frozen light whipped topping, thawed
3 tablespoons sliced almonds, toasted
1 package (16 ounces) frozen unsweetened
raspberries, thawed*

Prepare rice according to package directions.

Combine rice, milk and salt in 2 quart microproof
baking dish. Cover and cook on HIGH 3 minutes.
Reduce setting to MEDIUM (50% power) and cook 7
minutes, stirring after 3 and 5 minutes.
Stir in sugar substitute and vanilla; cool. Fold in
whipped topping and almonds. Alternate rice
mixture and raspberries in parfait glasses or dessert
dishes. Serves 8.

*Substitute frozen unsweetened strawberries
or other fruit for the raspberries, if desired.


BAKE IT EASY

The Best Ever Rice Pudding

1 cup water
1/2 cup MAHATMA®, WATER MAID®,
CAROLINA®, or RIVER® rice
1/2 vanilla bean, split
1/4 teaspoon salt
2 cups milk
1 cup heavy cream
1/2 cup sugar
2 eggs

1/2 cup raisins or dried sour cherries, if desired
1/4 teaspoon ground cinnamon

Preheat oven to 350°F.

In a 2-quart saucepan, bring water to a boil. Add rice,
vanilla bean and salt. Cook 10 minutes. Add milk and
cook over very low heat until rice is tender, about
15 minutes.

Lightly butter a 1-1/2 quart shallow baking dish.
Set aside. In a small bowl, combine cream, sugar and
eggs, then fold into the rice mixture. Remove vanilla
bean and pour rice mixture into buttered baking
dish. Sprinkle raisins or cherries, if desired, and
cinnamon.

Place baking dish into a larger baking pan filled with
water to a depth of 1 inch. Bake 30 to 45 minutes, or
until pudding is firm and the top surface is golden
brown. Cool to room temperature on a wire rack.
Serve at room temperature or refrigerate. Serves 4.


LIGHT 'N BRIGHT

Fresh Fruit Tart

1 cup MAHATMA®, WATER MAID®,
CAROLINA®, or RIVER® rice
1/4 cup sugar
1 egg, beaten
Vegetable cooking spray
1 package (8 ounces) light cream cheese, softened
1/4 cup vanilla nonfat yogurt
1/4 cup confectioner's sugar
1 teaspoon vanilla extract
1/3 cup apricot or peach preserves
1 tablespoon water
2 to 3 cups fresh fruit (sliced strawberries,
raspberries, blueberries, sliced kiwi,
grape halves')

Prepare rice according to package directions.
Preheat oven to 350°

Combine rice, sugar, and egg in medium bowl. Press
into 12-inch pizza pan or 10-inch pie pan coated
with cooking spray. Bake for 10 minutes. Cool.

Beat cream cheese and yogurt in medium bowl
until light and fluffy. Add confectioner's sugar and
vanilla; beat until well blended. Spread over crust.

Heat preserve and water in small saucepan over low
heat. Strain; cool. Brush half of glaze over filling.
Arrange fruit attractively over crust starting at outer
edge. Brush remaining glaze evenly over fruit. Cover
and chill 1 to 2 hours before serving. Serves 8.


TRADITIONAL TREAT

Rice Custard

1 cup MAHATMA®, WATER MAID®,
CAROLINA®, or RIVER® rice
2 cups milk
3 eggs, slightly beaten
3/4 cups sugar
1/2 teaspoon salt
1/4 cup raisins
1 teaspoon vanilla
1/4 teaspoon ground nutmeg

Preheat oven to 325°F.

Prepare rice according to package directions.

Scald milk in the top of a double boiler.

Combine beaten eggs, sugar and salt in a 1-1/2
quart buttered casserole. Gradually stir in scalded
milk. Add cooked rice, raisins and vanilla. Sprinkle
with nutmeg and place in oven. Bake 45 minutes.
Serves 6.



Springtime of Crepes

CREPES

- 8 egg whites
- 2/3 cup evaporated skim milk
- 1 tablespoon margarine, melted
- 1/2 cup all purpose flour
- 1 tablespoon sugar
- 1 cup cooked and cooled MAHATMA®, WATER MAID®, CAROLINA®, or RIVER® rice
- vegetable cooking spray

FILLING

- lemon yogurt
- 1 cup cooked MAHATMA®, WATER MAID®, CAROLINA®, OR RIVER rice
- 2-1/2 cups fresh fruit
- confectioners sugar

Combine egg whites, milk, and margarine in a small bowl. Stir in flour and sugar; stir until smooth and well blended. Add rice; let stand 5 minutes.

Heat 8-inch non-stick skillet; coat with cooking spray. Spoon 1/4 batter cup into pan. Lift pan off heat; quickly tilt pan in rotating motion so that bottom is completely covered. Place pan back on heat and continue cooking until surface is dry. Turn crepe over and cook 15 to 20 seconds; remove from pan and set aside. Continue with remaining batter. Combine lemon yogurt and rice, spread each crepe with yogurt/rice mixture, top with fresh fruit. Roll crepe. Sprinkle with powdered sugar, Makes 10 crepes.

Rice And Sweetened Condensed Milk

- 1 cup MAHATMA®, WATER MAID®, CAROLINA®, or RIVER® rice
- 2-1/3 cups water, divided
- 2 sticks cinnamon
- 1 can (454 grams) sweetened condensed milk
- salt, to taste
- 1/2 cup raisins

Soak rice in water overnight. The following day, combine soaked rice in liquid with 2 cups water and cinnamon sticks. Cook over medium heat until rice is soft. Stir in condensed milk, salt and additional 1/3 cup water. Continue cooking over medium heat until mixture is creamy. Remove from heat and serve. (If additional sweetness is desire, sugar may be added with sweetened condensed milk.) Serves 4

Key Lime Rice Pie

- 4 egg yolks
- 1 can (14 ounces) Eagle Brand® Condensed Milk
- 1/2 cup lime juice
- 1 cup cooked and cooled MAHATMA®, WATER MAID®, CAROLINA®, or RIVER® rice
- 1/2 teaspoon cream of tarter
- 6 egg whites
- 3/4 cup sugar
- 1 (9") baked pie shell

Preheat oven to 350°F.

Beat egg yolks until lemon colored. Blend in condensed milk. Add lime juice and mix well. Add cooled rice to mixture. Add cream of tarter to egg whites and beat until foamy. Continue beating, adding sugar, 1 tablespoon at a time until egg whites peak. Fold 6 tablespoons of the meringue into filling mixture. Pour into a 9-inch baked pie shell. Top with meringue and bake in a slow oven at 350°, until meringue is golden brown. Serves 10



Colombian Coconut Pudding

- 1 package (1-3/4 ounce) instant chocolate, French vanilla, butterscotch, butter pecan, pistachio, coconut or lemon pudding mix
- 2 cups Half and Half®
- 1 cup cooked and cooled MAHATMA®, WATER MAID®, CAROLINA®, or RIVER® rice
- 1/2 cup flaked coconut, chopped pistachios, raisins, macadamia nuts, chocolate chips, colored fun chips or diced fresh fruit
- whipped cream, chocolate curls, maraschino cherries for garnish

Prepare rice according to package directions. Set aside to cool

In medium mixing bowl, combine desired flavor pudding mix and Half and Half. Blend 2 minutes. Fold in rice and choice of 1/2 cup nuts, fruit or chocolate chips. Spoon into 6 desert bowls or goblets. Chill until ready to serve. Garnish with whipped cream, chocolate curls or maraschino cherries. Serves 6



MICRO MAGNIFICENT

Creamy Hawaiian Rice Pudding

- 1 cup MAHATMA®, WATER MAID®, CAROLINA®, or RIVER® rice
- 4 cups milk, divided
- 2/3 cup sugar
- 3/4 teaspoon salt
- 2 eggs
- 1 package (3 ounces) cream cheese, softened
- 1 teaspoon vanilla extract
- Pineapple Sauce (recipe below)

Prepare rice according to package directions. Cool.

Combine rice, 3-1/2 cups milk, sugar and salt in 2-quart microproof dish. Microwave on HIGH (maximum power) 14 to 16 minutes, stirring every 3 minutes, or until thick and creamy. Beat remaining 1/2 cup milk, eggs and cream cheese together. Stir into rice mixture. Cook on HIGH 2 minutes longer, stirring after 1 minute. Add vanilla. Spoon into serving dishes. Serve warm or chilled with Pineapple Sauce (follows). Serves 6-8.

Pineapple Sauce

- 1 can (20 ounces) pineapple chunks
- 1 tablespoon cornstarch
- 1 tablespoon butter or margarine
- 1/4 cup firmly packed brown sugar
- 1/8 teaspoon salt
- 1/2 teaspoon vanilla extract

Combine pineapple with juice and cornstarch in 4-cup glass measure. Stir to dissolve cornstarch. Add remaining ingredients except vanilla. Cook on HIGH (maximum power) 4 to 5 minutes, stirring every minute, or until clear and thickened. Add vanilla. Serves 6.



CREAMY TREAT

Pumpkin Rice Cream

- 1 cup MAHATMA®, WATER MAID®, CAROLINA®, or RIVER® rice
- 3/4 cup canned pumpkin pie filling
- 1/4 cup chopped prunes
- 1/4 cup sugar
- 1/2 pint heavy cream
- cinnamon

Prepare rice according to package directions

In a large bowl, combine rice with next 3 ingredients and set aside. Whip cream into stiff peaks and fold into rice mixture. Spoon rice cream into holiday serving bowl and chill for a least one hour. Sprinkle with cinnamon. Serves 6.



CHERRY GOOD

Pango-Pango Rice Molds

- 1 cup MAHATMA®, WATER MAID®, CAROLINA®, or RIVER® rice
- 3 tablespoons finely chopped crystallized sugared ginger
- 1/4 cup finely chopped macadamia or cashew nuts
- 1/4 cup finely chopped maraschino cherries
- 1 teaspoon grated lime rind
- 1 tablespoon lime juice
- 4 eggs
- 1 cup milk
- 1/2 cup granulated sugar
- 1 cup heavy cream
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon
- 1/3 cup toasted coconut

Preheat oven to 350°F. Spray a 12-inch muffin pan with cooking spray.

Prepare rice according to package directions.

Sprinkle crystallized ginger, nuts and cherries evenly in the muffin cups. In medium-size bowl, combine next 5 ingredients in medium mixing bowl. Stir. Pour about 1/3 cup of mixture evenly into muffin cups, scooping from the bottom each time. Bake for approximately 15 to 20 minutes or until knife inserted in center of rice molds comes out clean. Remove and cool for about 15 minutes. Refrigerate. Whip cream and sugar until stiff peaks form; refrigerate. Sprinkle with cinnamon and coconut. Serves 8.

Serving Suggestions

Run knife around each cup in muffin pan. Turn out onto large platter or waxed paper. For each serving, place one or two rice molds, large end down, on dessert plate. Pipe rosettes of whipped cream around the bottom and on top of rice mold or place large dollop on top. Sprinkle with toasted coconut. (optional: decorate plate with a few thin slices of lime.)



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