

Cold & Creamy Vanilla Rice Pudding with Cardamom-Stewed Plums

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Gather & Feast

Rice pudding often gets a bad rap, but this version is here to change minds. It's cold, creamy, softly sweet, and seriously delicious. The sushi rice gives it the perfect tender bite, while the vanilla bean paste infuses every spoonful with warm, fragrant sweetness. But let's be honest-the star of the show is the cardamom-stewed plums. They cook down into a luscious, spiced compote that's equal parts tart and sweet, with just the right hit of warmth from the cardamom. It's the kind of topping that turns a simple pudding into a dessert you'll want to make on repeat.

SERVES 6 | **PREP** 15 minutes | **COOK** 50 minutes | **TOTAL TIME** 65 minutes (+ chilling time)

INGREDIENTS

Cold & Creamy Vanilla Rice Pudding

- 120g sushi rice
- 70g castor sugar
- 850ml whole/full-cream milk
- 1 tablespoon vanilla bean paste or vanilla extract
- Small pinch sea salt

Cardamom-Stewed Plums

- 800g fresh plums (about 8-10 large), pitted and halved
- 55g (1/4 cup) castor sugar (or raw castor sugar)
- 1 1/2 teaspoons ground cardamom
- 1 teaspoon vanilla extract or vanilla bean paste
- 1/3 cup water
- Small pinch sea salt

For Finishing

- 1/3 cup cold pure cream or dollop cream
- 8-10 fresh cardamom pods, crushed; pods discarded, seeds reserved for sprinkling (optional)



METHOD

Cold & Creamy Vanilla Rice Pudding

1. In a large, deep saucepan, combine the rice, sugar, milk, vanilla, and a small pinch of salt.
2. Stir well and bring to a gentle simmer over medium heat. Cook for about 40 minutes, stirring often, until the rice is tender with a slight bite, and the pudding is thick and creamy yet still loose-it will firm up as it chills.
3. Transfer the rice pudding to a heatproof bowl. Press a piece of cling film directly onto the surface to prevent a skin from forming.
4. Refrigerate until completely cold, at least a few hours or overnight.
5. Once chilled, stir in the cream (and an extra touch of vanilla, if desired) until smooth and creamy.
6. Store in an airtight container in the fridge for up to 3 days.

Cardamom-Stewed Plums

1. In a large saucepan with a lid, combine the plums, sugar, cardamom, vanilla, water, and a pinch of salt.
2. Bring to a boil, then cover, reduce the heat, and simmer for 30-40 minutes, or until the plums are soft and falling apart.
3. Transfer the plums to a heatproof dish and refrigerate until cool.
4. Store in an airtight container in the fridge for up to 5 days.

To Serve

1. Spoon the cold rice pudding into bowls and top generously with the cardamom plums. Finish with a scattering of crushed cardamom seeds, if using.

NOTES

Rice Choice: Sushi rice gives the pudding a creamy texture while retaining a slight bite. You could substitute Arborio rice if needed, but the result may be a little looser. Avoid long-grain rice, as it won't yield the same creamy texture.

Vanilla: The depth of flavour in this pudding relies on good-quality vanilla. If using vanilla extract instead of paste, choose a pure extract for the best result. You can also infuse the milk with a split vanilla bean for extra flavour-just remove it before chilling.

Consistency: The pudding will seem slightly loose when warm but will thicken considerably as it cools. Don't worry if it looks a bit runny in the pot!

Sugar: If you prefer a less sweet dessert, you can reduce the sugar slightly in both the pudding and the plums without compromising the result.

Plums: This recipe is versatile-try swapping the plums for stone fruits like peaches, nectarines, or apricots when in season. Berries or poached pears would also work beautifully.

Cardamom: The cardamom is the aromatic hero in the stewed plums. Adjust the quantity to taste-1 1/2 teaspoons gives a fragrant but not overpowering spice. You can also use whole green cardamom pods (about 5-6), lightly crushed, for a milder, more floral note-just remember to remove the pods before serving.

Make-Ahead: Both components can be prepared in advance-the pudding up to 3 days ahead, and the plums up to 5 days ahead. This makes it a great option for entertaining.

Serving Idea: Serve the pudding and plums chilled for a refreshing dessert, or let them come to room temperature for a softer, creamier texture. A drizzle of cream just before serving makes it extra lush!



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/cold-creamy-vanilla-rice-pudding-cardamom-stewed-plums>

Let me know if you make the recipe! x @gatherandfeast