



**FARM ANGELS**

# **Creamed Rice with Cinnamon Poached Pears**



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**Serves 4**

**1 litre full cream milk**  
**½ cup caster sugar**  
**½ cup short grain rice**  
**1 tsp vanilla essence**  
**Edible flowers (optional)**

## **Poached Pears**

**4 firm pears**  
**½ cup caster sugar**  
**1 cinnamon stick**  
**1 vanilla bean (or 1 tsp vanilla essence)**  
**Strip of lemon peel**

- 1.** Combine milk and sugar in a large pan, bring to boil while stirring. Gradually stir in rice, cover pan and reduce to low heat. Stir every 5-10 mins for an hour or until the rice is tender and most of the milk is absorbed. Remove from heat and stir in vanilla.
- 2.** Meanwhile, peel and halve pears, removing the cores. Place pears in a saucepan with 3 cups of water, sugar, cinnamon, vanilla and lemon peel. Simmer for 20–25 mins or until tender.
- 3.** Divide creamed rice between four bowls. Top with poached pears, drizzle a little of the syrup and scatter edible flowers for a special Mother's Day touch!

**Note** Use full cream milk and cook rice slowly for creamiest results.



**Growing up, this recipe was a real family favourite. I'm one of ten, so there were always many mouths to feed. But this was a dessert that we never had to hold back on - we could all have as much of it as we liked!**

Steve, QLD farmer

Steve Blanch grew up on a working dairy farm in South East Queensland, where the kitchen was at the heart of family life.

His mum's creamed rice was a regular on the table, cooked in big batches and enjoyed by the whole family. Now 94, Esme still lives on the farm with Steve and his family, and the recipe remains a staple at family gatherings.

Made using fresh milk from their own cows, it's a simple dish that's stood the test of time and still brings everyone together around the table.

If you enjoyed this recipe and want to support farming families, we hope you'll consider donating to Farm Angels.

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