

Lesson 5B Boogie Down Rice Pudding

Materials Required:

- 2.5 qt casserole dish microwave safe
- Liquid and dry measuring cups
- Measuring spoons
- Bowl microwave safe big enough to hold 4 cups
- Whisk
- Spoons, bowls, napkins
- Cleaning supplies

1) Wash hands, ensure *mise en place*, and start recipe

Recipe:

Ingredients: brown rice, milk, corn starch, cinnamon, vanilla, brown sugar

Take out chilled brown rice prepared from lesson 5A

Note: If rice is uncooked- it will take 30 min to cook. If you have access to 2 microwaves, you can make 2 batches at the same time

1. Whisk 1 ½ cup milk, 2 TBSP cornstarch, 1 ½ tsp vanilla extract, 1 tsp cinnamon, ¼ cup brown sugar and add to 2 cup cooked brown rice

2. Microwave for 1 ½ minutes

3. Remove and whisk for 1 ½ minutes

4. Repeat until desired consistency

5. Optional: add butter for creaminess

pudding will thicken a little as it cools. Texture should be smooth and creamy.

2) Clean Up

Optional activities for this lesson (see back of booklet):

- Video: Virtual Dairy Farm Tour