



Pumpkin Ginger Rice Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 1.5 pound butternut squash halved seeded
- ☐ 2 ounces crystallized ginger finely chopped
- ☐ 8 large egg yolks
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons turbinado sugar such as sugar in the raw
- ☐ 1 tablespoon butter unsalted
- ☐ 1 teaspoon vanilla

- ☐ 0.7 cup rice long-grain white
- ☐ 5 cups milk whole

Equipment

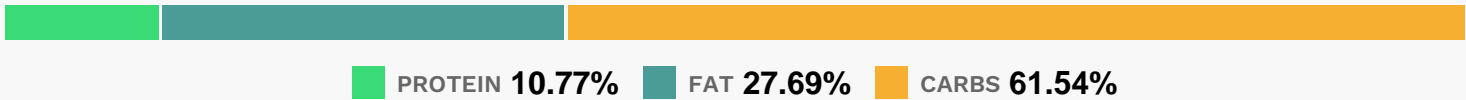
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ baking pan
- ☐ roasting pan
- ☐ blow torch
- ☐ aluminum foil

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ Arrange each piece of pumpkin, cut side up, on a sheet of foil. Top each with 1/2 tablespoon butter and 1 teaspoon granulated sugar. Wrap separately in foil and bake, cut sides up, in a shallow baking pan until flesh is tender, about 1 hour.
- ☐ Open foil and cool pumpkin slightly, then scoop flesh into a food processor and purée until smooth.
- ☐ Reduce oven temperature to 350°F.
- ☐ Heat rice, salt, 4 cups milk, and remaining 2/3 cup granulated sugar in a 2- to 3-quart heavy saucepan over moderate heat, stirring, until very hot.
- ☐ Transfer to a large metal bowl set over a large saucepan of simmering water (or to a double boiler) and cook over low heat, covered, stirring occasionally, until rice is tender and most of milk is absorbed, 1 to 1 1/4 hours. (
- ☐ Add more simmering water to saucepan if necessary.)

- ☐ Remove pan from heat and keep rice warm, covered.
- ☐ Lightly whisk yolks in a large bowl, then whisk in vanilla, ginger, 1 1/3 cups pumpkin purée (reserve remainder for another use), and remaining cup milk. Gradually stir in warm rice, then pour mixture into a buttered 2-quart flameproof shallow baking dish (not glass). Set baking dish in a roasting pan and bake pudding in a hot water bath, uncovered, in oven until set, 50 minutes to 1 hour.
- ☐ If caramelizing pudding, sprinkle evenly with turbinado sugar, then move blowtorch flame evenly back and forth over sugar until sugar is melted and caramelized.
- ☐ Serve warm or at room temperature.
- ☐ ·Pumpkin can be baked and puréed 2 days ahead and cooled, uncovered, then chilled, covered: Pudding can be baked (but not caramelized) 1 day ahead and cooled, uncovered, then chilled, covered. Bring to room temperature before caramelizing or serving.

Nutrition Facts



Properties

Glycemic Index:16.93, Glycemic Load:17.41, Inflammation Score:-10, Nutrition Score:14.989130279292%

Nutrients (% of daily need)

Calories: 282.94kcal (14.15%), Fat: 8.84g (13.59%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 44.19g (14.73%), Net Carbohydrates: 42.67g (15.52%), Sugar: 27.49g (30.54%), Cholesterol: 164.53mg (54.84%), Sodium: 173.75mg (7.55%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 7.74g (15.47%), Vitamin A: 7661.27IU (153.23%), Phosphorus: 213.28mg (21.33%), Calcium: 204.59mg (20.46%), Selenium: 12.23µg (17.47%), Vitamin C: 14.29mg (17.32%), Vitamin B2: 0.26mg (15.48%), Vitamin B12: 0.93µg (15.44%), Manganese: 0.29mg (14.34%), Vitamin D: 2.1µg (13.98%), Potassium: 453.42mg (12.95%), Vitamin B5: 1.26mg (12.61%), Vitamin B6: 0.25mg (12.36%), Vitamin B1: 0.17mg (11.27%), Magnesium: 41.66mg (10.42%), Folate: 39.26µg (9.81%), Vitamin E: 1.44mg (9.58%), Zinc: 1.05mg (7.02%), Fiber: 1.52g (6.08%), Vitamin B3: 1.15mg (5.74%), Iron: 0.96mg (5.35%), Copper: 0.09mg (4.48%), Vitamin K: 1.32µg (1.26%)