

## Persian Ferni (Rice Pudding)

This recipe is from Ranchor, the head chef at Govinda's Vegetarian Restaurant in Brisbane. He hosts regular cooking classes, and this is one of the recipes he made for us at a class.

- 4 cups Milk
- 1/2 cup Rice Flour
- 2/3 cup White Sugar
- 1 teaspoon Rosewater
- 1 tablespoon Rose Petals (Dried or Fresh), plus extra for sprinkling
- 1/2 teaspoon Cinnamon, plus extra for sprinkling
- 1/2 cup Pistachios, shelled
- 2-3 drops Red Food Colouring

### Method

1. Combine all ingredients in a pot and slowly bring to the boil, stirring constantly
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2. Place in small ramekins, sprinkle with cinnamon and garnish with extra rose-petals. Chill for 1-2 hours.
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### Servings/Yield

6 servings

### Rating

★★★★

### Cuisine

Asian : Middle Eastern : Iranian

### Categories

30 Minute, Desserts, Low Fat, Misc. Dessert, Puddings, Simple, Vegetarian

NUTRITION FACTS	
Servings: 1	
<b>Amount Per Serving</b>	
Calories: 1760	
<b>Total Fat:</b>	55.51g
<b>Cholesterol:</b>	97mg
<b>Sodium:</b>	420mg
<b>Total Carbs:</b>	264.46g
<b>Dietary Fiber:</b>	10.83g
<b>Sugars:</b>	187.39g
<b>Protein:</b>	48.09g