

CARROT-RICE PUDDING

(From Greene on Greens)

½ pound carrots, peeled, roughly chopped
1 cup strong chicken stock
½ cup heavy or whipping cream
1 tablespoon unsalted butter
2 tablespoons all-purpose flour
½ cup hot milk
Pinch of cayenne pepper
1/8 teaspoon freshly grated nutmeg
Salt and freshly ground black pepper
2 cups cooked rice

Preheat the oven to 375 degrees. Place the carrots with the stock in a medium saucepan. Heat to boiling; reduce the heat. Simmer, uncovered, until the carrots are very tender, about 12 to 15 minutes. Drain, reserving the stock.

Place the cooked carrots in the container of a food processor or blender. Add the cream and process until smooth. Reserve.

Melt the butter in a medium saucepan over medium-low heat. Stir in the flour. Cook, stirring constantly, 2 minutes. Whisk in the reserved stock and the hot milk. Heat to boiling; reduce the heat. Simmer until thickened, about 5 minutes. Add the cayenne pepper, nutmeg, and salt and pepper to taste. Remove from the heat; stir in the pureed carrots and the rice. Transfer the mixture to a buttered baking dish and bake 15 minutes.

Serves 6 to 8.