Viking Day 3rd Grade

Rice Porridge (Risengrod in Danish or Risgrynsgrot in Swedish)

Called Risengrod in Denmark and Risgrynsgrot in Sweden, ride porridge is served on Christmas Eve both to family members and traditionally, as an offering to the Nisse or Tomte, a beneficent but touchy household spirit. A single blanched almond is added to the pot before serving and whoever finds it is likely to be married in the next 12 months. (NOTE: We use a gummy bear instead of an almond) Leftovers are reserved and used to make an elegant rice pudding to serve with Christmas dinner the next day.

Pre time: 1 hour

6 servings

· 1 tbsp, Butter

· 0.50 tsp, Salt

· 1 cup, Rice (Jasmine and pearl rice work well)

· 4.50 Cup, 2% White Milk

· 2 tbsp(s), Sugar

· Cinnamon to taste

Preparation: Rinse rice well and drain. Bring 1.5 cups water, butter, and salt to a rapid boil over high heat. Pour in rice, stirring constantly to prevent sticking. Reduce heat to low, stirring rice until boiling is reduced to a simmer. Cover pot and simmer for 10-15 mins, until rice has absorbed most of the water.

Add milk to rice & stir. Bring mixture to a boil, stirring constantly, then immediately reduce heat to low. Cover pot and allow to cook, without stirring, for 45 minutes.

Add 2 tbsp sugar and stir then add cinnamon to taste. Stir in a gummy bear after rice porridge has cooled before serving.

For the health and safety of all students we respectfully request that all recipes be followed as given. Please do not use substitutions. If you do use your own recipe for the exact food requested, please provide the recipe to your teacher at least one week in advance of the curriculum day.