

Recipe Name: Chak-Hao Amubi Recipe (Black Rice Pudding)

Diet Type:

Course: Dessert

Cuisine: North East India Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3/4 cup Black Rice - soaked for 3-4 hours	6
• 2 liter Milk - full cream milk	
• 1/2 cup Sugar	
• 1 teaspoon Cardamom Powder (Elaichi)	
• 8-10 Cashew nuts - fried	
• 10 Raisins - optional	

Preparation

- To prepare Chak-Hao Amubi Recipe (Black Rice Pudding), wash and soak rice in fresh water for 3-4 hours before cooking.
- In a thick bottomed pan, heat milk and boil till it starts reducing and look light cream in color.
- Add soaked black rice and cook in mediu.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	5	45	8	4	20