

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Rice Pudding - Buddha's Pudding

No need to rinse the rice when making rice pudding. This way the starches on the rice make the pudding thick and creamy. If you prefer your rice pudding sweeter, add more raisins and perhaps a little honey, maple syrup or other sweetener at the end.

Gluten-free, dairy-free and vegan.

Makes 4 cups

Active time: 7 minutes

Total time: 55 minutes

½ cup sushi rice (preferably organic)

6 cups rice milk or almond milk

Large pinch sea salt

1 cinnamon stick, about 2½" in length

½ teaspoon ground cardamom

2 or more tablespoons golden raisins

1/8 teaspoon pure almond extract

Optional: maple syrup, honey or other sweetener to taste

1. Put the rice (unrinsed), milk and sea salt in a large saucepan over high heat. Bring the mixture to a boil. Boil for 5 minutes stirring occasionally.
2. Add the cinnamon stick. Reduce the heat to low. Simmer the pudding for 20 minutes. Stir occasionally.
3. In a small bowl, use a fork to blend the ground cardamom with 2 tablespoons of the hot pudding. When the cardamom is free of lumps, add it to the rest of the pudding along with the raisins. Continue to cook another 25 minutes stirring occasionally. The rice grains become very soft and the pudding luxuriously thick.
4. Remove the cinnamon stick. Stir in the almond extract.
5. Spoon the pudding into individual serving dishes. Delicious hot, cold or at room temperature. The pudding continues to thicken as it cools.
6. Serve Buddha's Pudding as is. Consider topping rice pudding the rest of the year with fresh berries, a fruit compote, raspberry puree or just a light dusting of cinnamon.