

Rice Pudding

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Serves: 6 people
Yield: 4 cups
Time: 45 minutes

Ingredients

1 cup of brown or white rice (see page 66),
rinsed
2 cups of water
3 whole cloves
1 crushed star anise or 1/2 teaspoon of
crushed anise seed
1 (12-ounce) can fat-free evaporated milk
1 (13.5-ounce) can "lite" coconut milk, divided
1 cup of freshly grated coconut or 1/2 cup of
dry shredded unsweetened coconut
3/4 cup of sugar
Pinch of salt
1/4 cup of raisins
2 cinnamon sticks or 1/2 teaspoon of
ground cinnamon

Directions

- ✦ Soak rice in 2 cups of water for a minimum of 4 hours or overnight in the refrigerator.
- ✦ Place clove and anise in a small sachet, tea strainer or net.
- ✦ Combine fat-free evaporated milk, half of the coconut milk (7 ounces), shredded coconut, sugar, salt, cloves and anise with the rice and water mixture in a heavy medium saucepan.
- ✦ Bring to a boil over medium heat, stirring occasionally.
- ✦ Reduce heat to low and simmer, uncovered, stirring often, until the rice is tender and the pudding is creamy, 25 to 30 minutes. Stir almost constantly towards the end to prevent scorching.
- ✦ Remove from the heat and add the raisins and remaining coconut milk. Stir and then cool 5 minutes.
- ✦ Pour the pudding into a serving bowl or individual bowls. Let cool slightly. Serve warm or chilled, dusted with cinnamon or decorated with cinnamon sticks, if desired.

Did You Know?

Brown rice is a whole grain which contains valuable components such as fiber rich bran and the beneficial germ seed. These superior nutrients are removed when producing white rice and several key vitamins and minerals are lost in the process.

