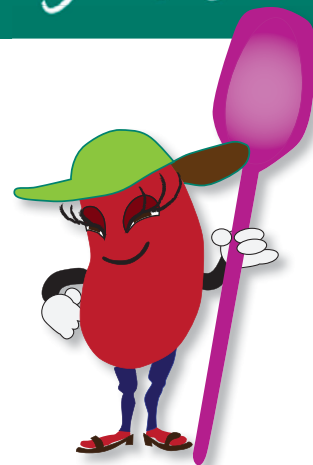


Beans, Rice And Everything Nice



Spiced Apricot Brown Rice Pudding

original recipe by
beansriceeverythingnice.weebly.com

Ingredients

Spiced Apricot Brown Rice Pudding

- 1 cup uncooked brown rice
- 2 cups water
- 3 cups non-dairy milk
(I used unsweetened soy milk)
- 1/3 cup maple syrup
- 1 cup dried apricots, chopped
- 1 teaspoon vanilla extract
- 1-1/2 teaspoons pudding spice blend
(recipe to follow)

Pudding Spice Blend

- 2 inch piece of cinnamon stick, broken up
- 1 teaspoon allspice berries
- 1/2 teaspoon whole cloves (optional)
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger

1. Rinse the brown rice. Add to a pot on the stove with 2 cups of water. Bring to a boil, reduce heat to low and simmer for 40 minutes. Remove from heat and let sit for 10 minutes before fluffing with a fork. Should make 3 cups cooked rice.
2. While the rice is cooking, chop the dried apricots into raisin sized pieces. Set aside. Grind the cinnamon stick, allspice berries, and whole cloves to a powder in a spice grinder. Add the ground nutmeg and ginger and grind again for a few seconds to combine. Pour into an old spice jar.
3. In a medium saucepan, add 3 cups of cooked and cooled rice, chopped apricots, maple syrup and non-dairy milk. Bring to a boil over medium-high heat. Reduce heat to medium-low and gently simmer for 10 minutes or until slightly thickened. This will thicken more as it cools.
4. Mix in the vanilla extract and 1-1/2 teaspoons of the spice mixture. Cool for 5 minutes more. Stir often to prevent from sticking. Let cool slightly and serve warm. Garnish with dried apricot pieces or ground pistachios

Tips:

1. To save time, you can grind the spices and cook the rice a day or two in advance.
2. If you don't want to grind your own spices, you can replace the cinnamon stick, the allspice berries and the whole cloves with a teaspoon each of ground cinnamon and allspice and 1/2 teaspoon of ground cloves. The freshly ground spices will have a stronger flavour.
3. I love the chewy texture of brown rice. However, you can make this with white rice if you prefer. Cook one cup of short grain white rice in 1-3/4 cup water for 15 to 20 minutes and proceed with the rest of the recipe as written.
4. If the recipe makes too much for you, then cut it in half. Remember that the leftovers are good for breakfast or a quick afternoon snack. The flavour of the spices gets richer as it sits.