



Brown Rice Pudding With Nuts and Cardamom

From *The Blue Zones American Kitchen*

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TOTAL COOK TIME: 1 HOUR + 25 MINUTES

SERVES 4

INGREDIENTS

- ▶ 3 cups unsweetened, unflavored, plant-based milk, such as almond, soy, cashew, or rice
- ▶ 1 cup uncooked brown rice
- ▶ ¼ cup chopped dates
- ▶ ¼ cup pure cane sugar or pure maple syrup
- ▶ 1 ½ cup room-temperature water plus ¼ cup hot water
- ▶ 2 pinches of saffron, plus additional for garnish
- ▶ 1 tablespoon raisins
- ▶ 1 tablespoon toasted slivered or sliced almonds, plus additional for garnish
- ▶ 1 tablespoon chopped roasted pistachios, plus additional for garnish
- ▶ 1 teaspoon ground cardamom

DIRECTIONS

In a large saucepan, combine the milk, rice, dates, sugar, and 1 cup of the room-temperature water over medium-high heat. Bring to a boil and then reduce the heat to low. Simmer uncovered, stirring frequently, for about 45 minutes, or until the rice is completely cooked; there should still be plenty of liquid in the pot.

Meanwhile, in a small bowl, combine the saffron and the ¼ cup of hot water. Let stand for 10 to 15 minutes.

Add the saffron with its soaking liquid, the raisins, almonds, pistachios, cardamom, and the remaining ½ cup of room-temperature water to the pot with the cooked rice. Cook for 10 to 20 minutes more, stirring occasionally, until the rice is creamy.

Serve hot, garnished with a few threads of saffron, sliced almonds, and chopped