

Brown Rice Pudding with Nuts and Cardamom

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 1 hour 20 minutes

Making the Pudding

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 1/4 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 1/2 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 pistachios.

Step 1: Making the Pudding

- 3 cups unsweetened, unflavored, plant-based milk, such as almond, soy, cashew, or rice
- 1 cup uncooked brown rice
- 1/4 cup chopped dates
- 1/4 cup pure cane sugar or pure maple syrup
- 1 1/2 cup room-temperature water plus 1/4 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