



VANILLA RED RICE PUDDING WITH BROWN RICE SYRUP + STRAWBERRY RHUBARB COMPOTE

QUICK INFORMATION

TIME

1 HR 45 MIN

SERVES

6

CALORIES

320

VEGETARIAN

RECIPE

INGREDIENTS

For the Strawberry Rhubarb Compote:

1 lb Strawberries (hulled, halved)

1 lb Rhubarb (greens removed, chopped)

½ cup Water

¼ cup Organic Sugar

2 Tablespoons Lundberg Brown Rice Syrup

1 Cinnamon Stick

1 Tablespoon Lemon Juice + 1 inch Lemon Peel

For the rice pudding:

2.5 cups of Milk

1 Vanilla Bean Pod

1 cup Organic Lundberg Red Rice

1¾ cup Water

¼ cup Organic Sugar

1 Egg Yolk

Pinch of Salt

PREPARATION

For the Strawberry Rhubarb Compote:

In a saucepan add water, sugar, brown rice syrup & cinnamon stick.

NUTRITIONAL FACTS

Serving Size: 6

AMOUNT PER SERVING

Calories 320 Calories from Fat

Total Fat 4g
 Saturated Fat 2g
 Trans Fat 0g

Cholesterol 40mg

Sodium 170mg

Total Carbohydrate 65g
 Dietary Fiber 3g
 Total Fiber 30g

Protein 8g

Simmer & stir until sugar is dissolved.

Add rhubarb & simmer, then add half the strawberries, lemon juice & lemon peel.

Once mixture has simmered enough to break down the fruit, add the other half of your strawberries, stir & remove lemon peel.

Remove from heat & set aside to cool.

Cook the rice. Either according to package directions or using a rice cooker (Red Rice can take a bit longer to cook so I prefer the rice cooker method in this instance).

Slice the vanilla bean pod in half & scrape out the beans with a sharp knife.

In a medium saucepan, add 2.5 cups milk + vanilla beans + pod. Simmer on the lowest setting & continually stir to avoid scorching.

Once rice has finished cooking, in a separate saucepan, add rice + 1.5 cups vanilla milk (pod removed) & stir until well combined over low - medium heat. Keep vanilla milk warm.

Once rice mixture begins to thicken, add in $\frac{1}{4}$ cup sugar & a pinch of salt. Continue to stir.

In a separate small dish, temper your egg yolk by whisking the egg & then slowly adding about a tablespoon of warm vanilla milk. This will keep your egg from scrambling when it is added to the rice.

Add tempered egg yolk to rice mixture & stir.

To achieve your desired consistency, you can slowly add up to $\frac{1}{2}$ cup more vanilla milk. Stir continuously until the rice is at the consistency you prefer.

*Recipe courtesy of food blogger, Trisha Hughes of Go Eat Your Beets