

Coconut Rice Pudding

This is another recipe taken from Nina Simmonds' book, *A Spoonful of Ginger*. (p. 272)
If you like these recipes, go buy the book!!

This is basically a congee. Congees are great comfort foods, and are used when digestion is weak or the during recovery from an illness. They are also useful at times of stress. There is a small amount of rice or other grain with a large amount of cooking liquid, and the mixture is cooked for a long time until it is about the texture of oatmeal. Toppings are then added to enhance the medicinal and/or nutritional value of the dish. I often make congee with just water or chicken broth. The soy milk and coconut milk in this dish make it richer and should be avoided if you have a tendency towards dampness. (for example, heavy or bloated sensations, or weepy skin lesions). The berries help to nourish liver yin and blood.

1 cup short-grain or Arborio rice
6 cups soy milk
3 cups light coconut milk
1 tsp. salt
1 Tbsp. vanilla extract
1 pint fresh berries, rinsed and drained (raspberries, blueberries or blackberries)
3 Tbsp. cinnamon sugar: 1 Tbsp. light brown sugar, 2 Tbsp. granulated sugar, and 1 tsp. ground cinnamon mixed well.

Put the rice in a pot and, using your fingers as a rake, rinse it under cold water to remove some of the talc. Drain the rice in a colander, then put it in a bowl and soak it in cold water to cover for 1 hour. Drain again.

Put the rice, soy milk, and coconut milk in a heavy saucepan with a lid. Heat uncovered until boiling. Reduce the heat to low, partially cover the pan, and simmer for 1 hour, stirring occasionally. The resulting liquid will be a thick porridge.

Ladle the congee into serving bowls and divide the fruit among them, arranging the berries on top. Sprinkle with cinnamon sugar and serve warm.

Serves 8-10.