

Basmati Rice Pudding

Rice was a major colonial staple. Coastal areas in Georgia and South Carolina produced rice as a principal cash crop. Because of coastal commerce it was available in most East coast port cities.

This Asian influenced version combines uses Asian spices, common in Colonial Times, and Coconut milk. If you would like to try it with heirloom rice that is the same as grown then, Carolina Gold, it can be ordered from ansonmills.com.

A nice accompaniment: An XO Rum such as Pyrratt by Patron

Rice

- 1 cup Basmati Rice
- 2 cups of water
- ½ tsp salt
- 3 whole Star Anise
- 5 – 6 Cardamom Pods

Place ingredients in a pot bring to a boil. Lower heat and simmer 20 minutes. Stir Rice with a fork. Sprinkle with cold water cover and steam on low heat for 10 – 15 minutes.

Pudding

- 2 cups whole milk
- 1 14 oz can of coconut milk
- 1 cup heavy cream (divided)
- ½ cup sugar
- ½ cup toasted chopped Macadamia or Pistachio nuts
- ¾ cup chopped (divided) dried apricots
- ½ tsp cardamom
- 2 cups toasted coconut (divided)
- 2 fresh mangoes

Place rice and milk in a sauce pan (preferably non stick) bring to a boil and simmer covered 6 – 8 minutes, stirring occasionally. Add sugar, coconut, milk, 1 cup heavy cream and apricots. Simmer stirring frequently until it begins to thicken. Remove Star Anise and Cardamom. Add ¼ cup nuts, 1 cup coconut (save remaining for garnish), ½ tsp cardamom and simmer 5 minutes. Remove from heat and place in serving dishes. Let cool to room temperature. Top with Mangoes, whipped cream, toasted coconut, nuts and a pinch of ground cardamom.