



#### CARDAMON-GINGER-MAPLE RICE PUDDING

- 1 t Meyer lemon rind, grated
- 2 c Westsoy Plus Plain soy milk
- 1/2 T fresh ginger root, peeled and minced
- 1 T green cardamon pods, fresh ground
- 1/2 t salt
- 1 t Meyer lemon rind, grated or minced
- 1 c Thompson raisins, rinsed
- 2 T maple syrup
- 3 c (over)cooked brown rice
- 2 whole eggs
- 1 t Meyer lemon juice
- 4 egg whites

Directions: Preheat oven to 325. Infuse the soymilk by heating the milk in a small pan, and adding the cardamon and ginger. Keep just below boiling for 10-15 minutes. Strain into mixing bowl, and stir in the salt, lemon rind, raisins, maple syrup, and rice. Beat the whole eggs, and add the lemon juice. Add to the cooled milk mixture, stirring to avoid curdling. Beat the whites until foamy, and fold into the mixture. Pour into glass baking dish and put on the middle rack of the oven. Check after 20 minutes, and rotate the dish if it seems like it's cooking unevenly. Cook until golden brown and firm.

Allow to cool slightly.

*Cardamon, an Indian spice, is a unique and wonderful flavor. Some nutritionists recommend overcooking the rice so it stays as moistened as possible. So, instead of 2:1 water to brown rice for 40 minutes, which steams the kernels, and leaves them quite separate, I've started using a 3 or 4:1 ratio, and cooking for over an hour. In Chinese cooking, this is the method of making porridge, sometimes called Congee or Jook. It works very well in soups, breakfast cereals, and is perfect for this rice pudding.*

*Restoring the love of  
eating within the confines  
of restricted diets*

*1121 Hill Street  
Santa Monica  
California 90405*

*t: 310.450.5667  
f: 310.450.9655  
e: jms272@cornell.edu*