



## **Forbidden Tropical Black Rice Pudding**

*A dessert that promises a long life of good health*

1 cup black forbidden rice or Thai purple sticky rice  
2-1/2 cups water  
1 (14 ounce) can coconut milk, divided  
1 teaspoon ground cinnamon  
1/4 cup date sugar or light brown sugar  
1 teaspoon sea salt  
1 teaspoon vanilla extract  
1 teaspoon rum extract  
1/4 cup chopped dried apricots or mangos  
1/4 cup dark or semi-sweet mini chocolate chips, optional  
Serve with: 1 mango, peeled, cored, chopped  
1/2 cup toasted flaked coconut

Soak rice in 3 cups of water for at least 5 hours or overnight.

Drain and rinse rice; add to a medium saucepan with 2-1/2 cups water, 1 cup coconut milk, and cinnamon; bring to a boil; cover; reduce heat to simmer; stir occasionally. Cook until rice is tender and pudding creamy. About 40 to 45 minutes. Add sugar, salt, vanilla, and rum extract; stir until dissolved; taste and adjust seasoning as desired. Stir in chopped dried apricots or mangos. Allow pudding to cool to warm. Stir in mini chocolate chips if desired

To serve: Best served warm with cold coconut milk. Divide pudding between dessert bowls and drizzle with about 2 Tablespoons chilled coconut milk. Top each dessert with chopped fresh mango chunks and garnish with toasted coconut.

Yield: serves 4 large or 6 to 8 small desserts

**Recipe Inspired by:** Sur la Table Food Demonstration, 2018.

**Cook's Note:** We also love to serve the warm black rice pudding drizzled with chilled coconut milk, topped with sliced bananas, and sprinkled with butter toffee peanuts.

**About the Recipe:** Take a trip to the tropics with the island flavors of mango and coconut blended into vanilla rum black rice pudding. The warm pudding is swirled with mini chocolate chips, drizzled with chilled coconut milk, topped with fresh chunks of mango, and dusted with toasted coconut. One taste and you will discover why it was forbidden.

**About Black Rice:**

Forbidden rice or longevity rice is a type of sticky black rice produced by heirloom plants in China, Thailand, and Indonesia. In China during the Ming Dynasty, only the emperors were allowed to eat black rice, which promised a long life of good health. Black rice has a sticky texture, beautiful royal purple color, and a nutty flavor.