

Sweet Sundays: Dairy-Free Rice Puddings

So many variations of rice pudding have been created, yet cravings for a classic version "like mom used to make" often hit when you transition to a dairy-free diet. Luckily, rice pudding transitions over fairly seamlessly. You can enjoy a simply creamy stove-top vegan version sans eggs, or go for a classic with eggs that is baked and set. The first Dairy-Free Rice Pudding recipe below is a stove-top version from Allergycooks (a wheat, egg, and dairy-free website), so it is vegan and gluten-free by default, and optionally soy-free and nut-free. I have added some conversions below for those of us who are not yet converted to the metric system. The second recipe is a baked version from Nourish This that plays on the healthful aspects of rice pudding and has a surprise ingredient! Finally I have included a list of links to other dairy-free rice pudding recipes that might peak your interest. Enjoy ...

AllergyCooks Rice Pudding

Ingredients:

- 100g ground rice [about 3.5 oz]
- 100g flaked rice [about 3.5 oz]
- 40g demerara sugar (can substitute turbinado, white, or light brown sugar) [about 1.4 oz]
- 1.2 litres soya milk (1200 mls) [about 5 cups]
- 100g sultanas / raisins (optional) [about 3.5 oz]

Method:

Put all the rice, sugar and milk into a saucepan. Bring it slowly to the boil, stirring occasionally – then, once boiling, stir continuously for 1 minute. Turn off the heat and add the sultanas, if using. Leave it on the hob to cook for a further 5 minutes, stirring frequently until the pudding reaches the desired consistency.

Serve on its own, or leave out the sultanas and serve it with a dollop of jam.

This also makes a great winter breakfast.

Cook’s Notes: To avoid using soya, replace the soya milk with any other dairy-free milk, except rice milk, which doesn’t work.

Serves: 4

Note: This recipe is from Allergycooks. It is Vegan, Dairy-Free, Egg-Free, Gluten-Free, Tree Nut-Free, Peanut-Free, and optionally Soy-Free.

Kuzu Rice Pudding

Ingredients:

- 1 cup brown basmati rice
- 2 cups water
- 1 cinnamon stick
- 2 TBS Kuzu (see notes below)
- 4 TBS COLD almond milk
- 2 cups almond milk
- 1/2 tsp. ground cinnamon
- 1/8 tsp. nutmeg
- 1/2 tsp. sea salt
- 1/4 cup raisins
- 1/2 banana

How To Prepare:

Bring 1 cup of rice and two cups of water to a boil, reduce to a simmer and cook with one cinnamon stick for 45 minutes. When it is finished cooking, spoon into a casserole dish, set aside.

Pre-heat the oven to 375 degrees.

Dissolve Kuzu in 4 TBS of cold almond milk. In a saucepan, whisk together 2 cups of almond milk through raisins, heat over medium. Once the kuzu is dissolved in the almond milk, pour it into the mixture on the stove. Using a whisk, stir the mixture gently over medium heat until it thickens. This process should take 3-4 minutes. Once the mixture is thick, pour it over the rice in the casserole, stir to combine. Cover and bake for 40 minutes. Take out of the oven and remove the cover. The mixture will continue to thicken.

Top with fresh banana's and a dash of cinnamon. Serve warm or room temperature.

About Kuzu:

Organic Kuzu Root Starch is a versatile thickener that dissolves quickly in any cold liquid and has no perceptible taste [used here as a replacement for cornstarch]. It is very low in calories and contains no fat. Kuzu binds more strongly than arrowroot. Unlike corn and potato starches (industrially processed) EDEN Kuzu is handcrafted, natural, and uniquely nourishing. In traditional Oriental medicine kuzu is valued as a digestive aid, to strengthen vitality, and fortify the body in cold weather. Recent studies have shown that Kuzu may reduce the cravings for alcohol and aid in recovery from alcohol addiction.

Note: This recipe is from Nourish This. It is Vegan, Dairy-Free, Egg-Free, Gluten-Free, Peanut-Free, and Soy-Free.

More Rice Pudding Recipes:

- Creamy Rice Pudding, Hold the Cream
- Julie's Creamy Vegan Rice Pudding
- Reese's Rice Pudding
- Brown Basmati Pudding with Coconut, Cardamom and Ginger
- Rice Pudding w/ Brown Rice
- Coconut Cardamom Arborio Rice Pudding
- Honey-Sweetened Rice Pudding
- Coconut Rice Pudding