



## Purple Rice Pudding with Rose Water Dates



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup rice black chinese
- ☐ 1 stick cinnamon (1-inch)
- ☐ 2 dates pitted cut into thin strips
- ☐ 1.3 cups half and half
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 3 teaspoons rosewater
- ☐ 1 pinch sea salt fine
- ☐ 2 tablespoons sugar

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.3 cups water

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

## Directions

- ☐ To prepare the rice, bring the water and rice to a boil in a small heavy-bottomed saucepan. Decrease the temperature to maintain a simmer, cover, and cook until the rice is tender yet still slightly chewy, about 30 minutes. Some water will remain (do not drain).
- ☐ While the rice is cooking, prepare the date topping.
- ☐ Place the chopped dates in a small bowl and drizzle with 2 teaspoons of the rose water.
- ☐ Add the date strips to a different small bowl and drizzle with the remaining 1 teaspoon rose water. Stir the dates in both bowls and set aside, stirring once or twice more.
- ☐ To finish, add the half-and-half, sugar, salt, 1/2 teaspoon of the lemon zest, cinnamon stick, and vanilla to the rice. Return to a boil over medium-high heat, stirring several times. Decrease the heat to maintain a gentle bubble and cook, uncovered, for 15 more minutes, stirring every few minutes or so. The consistency should be creamy yet soupy — the mixture will thicken as it cools.
- ☐ Remove the saucepan from the heat and remove the cinnamon stick. Stir in the chopped dates and the remaining 1/2 teaspoon lemon zest.
- ☐ Divide the rice pudding among small individual dessert bowls or cups.
- ☐ Garnish with a few of the rose water-infused date strips, and serve warm or at room temperature.
- ☐ To get a head start: The rice pudding can be made 1 day ahead.
- ☐ Transfer the pudding to a medium bowl and allow to cool to room temperature, stirring a few times. Cover and chill. The rice will continue to absorb liquid — you may need to add a bit of chilled milk or half-and-half just before serving to loosen it. Keep the infused date strips separate, covered with plastic wrap, and garnish the pudding just before serving. To lighten it up: Use whole milk instead of half-and-half for an everyday treat.

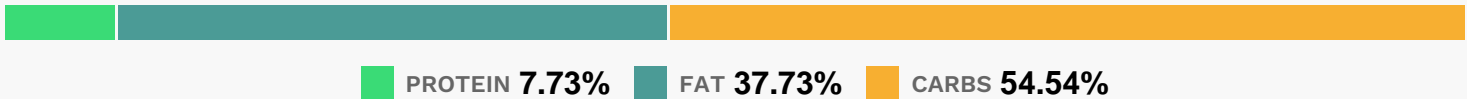
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## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:1.23, Inflammation Score:-3, Nutrition Score:7.7630435072857%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 222.28kcal (11.11%), Fat: 9.4g (14.46%), Saturated Fat: 5.46g (34.1%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 28.97g (10.53%), Sugar: 11.59g (12.88%), Cholesterol: 26.47mg (8.82%), Sodium: 61.55mg (2.68%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 4.33g (8.66%), Manganese: 1.03mg (51.61%), Phosphorus: 151.73mg (15.17%), Selenium: 7.97µg (11.38%), Magnesium: 43.66mg (10.91%), Vitamin B2: 0.17mg (10.1%), Calcium: 100.04mg (10%), Vitamin B6: 0.16mg (8.18%), Vitamin B1: 0.12mg (7.85%), Vitamin B3: 1.32mg (6.6%), Fiber: 1.61g (6.43%), Vitamin B5: 0.59mg (5.89%), Vitamin A: 270.89IU (5.42%), Zinc: 0.8mg (5.33%), Potassium: 181.41mg (5.18%), Copper: 0.09mg (4.71%), Vitamin E: 0.49mg (3.27%), Iron: 0.51mg (2.85%), Vitamin B12: 0.14µg (2.39%), Folate: 7.68µg (1.92%), Vitamin K: 1.79µg (1.7%), Vitamin C: 1.37mg (1.66%)