

THE WAY THE COOKIE CRUMBLES



Brown Rice Pudding (adapted from Joy the Baker)

Serves 4 to 6

This is a basic recipe that you can add all sorts of goodies to, from dried fruit and nuts to spices or a swirl of jam.

If you plan to serve this for dessert instead of breakfast, double both the sugar and the honey.

1 cup brown rice, rinsed
½ teaspoon salt
4 cups whole milk
1 tablespoon sugar
1 tablespoon honey
½ vanilla bean, split open (or 1 teaspoon vanilla extract)

1. Bring 4 cups of water to a boil over high heat. Add the rice and salt; reduce the heat to medium and simmer, partially covered, for 30 minutes. Drain the rice in a strainer and return it to the pot, off the heat. Cover tightly and let set for 10 minutes.
2. Add the milk, sugar, honey, and vanilla bean to the pot with the rice. (If you're using vanilla extract, add it just before serving.) Bring the mixture to a simmer over medium-high heat, then reduce the heat to medium-low. Simmer until the milk is reduced and the rice is creamy, about 30 minutes. If you're using vanilla extract, stir it in now. If you're planning to eat the pudding warm, serve it now. If you're planning to eat it cold, transfer it to serving dishes to chill.