

Ruthie's Chai Rice Pudding

Dogwood Hill Guest Farm



Upon a visit to Dogwood Hill Guest farm, I watched as Ruthie created a magical dish using the most amazing local ingredients: Arkansas grown, Ralston Farm rice, Fennel and Fire's organic Winter Chai tea, fresh eggs and milk off the farm, along with a rich vanilla that had over 60 beans soaking in Arkansas Delta Dirt Vodka. I watched as she transformed a simple childhood dessert into a celebration of regional culinary magic, crafting a dessert that tells the story of Arkansas's rich agricultural landscape. More than a dessert, it was an experience that will linger in my memory long after the last spoonful- a taste of Arkansas soul!

Serves: 4-6

Skill Level: Medium

Time:

Hands on (active): 35 min

Ingredients:

- 3 tsp of Fennel and Fire Winter Chai Tea
- 1 cup of Ralston Farm Jasmine rice
- 3 cups of quality milk
- 1/2 cup of sugar (or to taste)
- 1 tsp vanilla
- 1 egg beaten

Instructions:

- 1.) Make Tea: In a cup add 3 tsp of winter chai loose leaf tea, pour one cup of boiling water over it. Let steep 5 min. Strain.
- 2.) Pour tea in sauce pan, let simmer until reduced by half.
- 3.) Add rice and milk to the pan. Heat slowly, stirring frequently to prevent scorching
- 4.) As the rice cooks and the mixture thickens, add sugar and vanilla. (Approximately 15-20 min)
- 5.) Temper the beaten egg:
Take a small amount of the hot rice mixture into a small bowl, slowly whisk in the beaten egg, pour the tempered egg mixture back into the main saucepan.
- 6.) Simmer for 1-2 minutes until the pudding is set.
- 7.) Let cool slightly before serving.

Notes:

- * Stir often to prevent rice from sticking
- * Adjust sugar to taste
- * May add raisens or currents, May garnish with cinnamon or nuts
- * May oven bake for 30-40 min at 350 degrees. Complete step two, combine ingredients and pour into 9 x 13 greased pan. Cook at 350 degrees for 30-40 minutes or until knife comes out clean.
- * serve warm or chilled

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