

Thai Style Winter Rice Pudding

This rice pudding recipe is scrumptious, plus healthy and nourishing. It starts with Thai sweet rice which is flavored with coconut milk, rapadura sugar, plus warming winter spices like cinnamon, cloves, nutmeg, and star anise. An optional step includes adding red adzuki beans or red bean paste (this gives the pudding extra texture, vitamins, natural color, and flavor). Top with your choice of cream, milk, soy or rice milk, or more coconut milk/cream. Mmmmm....

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

- 2 cups Thai sweet rice (also called "sticky" or "glutinous" rice)
- 3 1/2 cups water
- 3/4 to 1 cup rapadura sugar, coconut palm sugar or brown sugar if you must
- 1 can coconut milk
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. ground cloves
- 1/2 tsp. salt
- optional: whole star anise as garnish
- optional: crushed peanuts or toasted coconut

Preparation:

1. To cook the sticky rice, follow the instructions below, or simply go to: [How to Make Sticky Rice, Step by Step.](#)
2. Place rice in a large pot (you will also need a lid). Add 2 cups water and allow soaking for 10 minutes (or longer).
3. Add 1 + 1/2 more cups water, plus 1/2 tsp. salt. Stir well.
4. Place over high heat. As soon as the water comes to a bubbling boil, reduce heat to medium-low (around 2.5 on your dial). Cover 3/4 of the pot with the lid (so that the lid is sitting askew, allowing some of the steam to escape).
5. Boil the rice like this for 15-20 minutes, or until all the water has been absorbed.
6. Turn off the heat, but keep pot on the burner. Place lid on tight and allow rice to "steam" in this way for 5-10 minutes.
7. Remove lid and add the coconut milk, stirring until incorporated (you may have to break up the rice a little with a spoon or fork).
8. Turn heat on low and, while gently simmering, add 1 cup sugar (brown sugar will give you a darker color, while white will give you pure white rice pudding). Also add the spices except star anise.
9. Taste test for sweetness, adding more sugar if not sweet enough, or more coconut milk if too sweet for your taste.
10. The rice will eventually absorb most of the coconut milk, creating a very thick rice pudding. Now you have 2 options: either add more coconut milk to the pot to thin the pudding, then serve, or:
11. Scoop some of the pudding into bowls. Surround the pudding with a little coconut milk, cream, soy or rice milk, etc... Sprinkle with extra cinnamon or nutmeg, and decorate with cinnamon sticks, whole star anise and crushed peanuts or toasted coconut (if desired). Enjoy!