

Black Rice & Coconut Porridge with fruit compote

INGREDIENTS

1 cup black or red rice (soaked overnight if you remember – not essential – it reduces the cooking time if you soak)
3 cups boiling water
Pinch of salt
1 cup coconut cream
Maple syrup optional
1 makrut leaf (optional)

Fruit compote

1 apple
½ cup dried fruit
1 emptied vanilla pod
1 stick cinnamon
½ to ¾ cup of boiling water

To serve

Coconut yoghurt
Maple syrup

METHOD

1. Rinse out your saucepan with cold water (this will help keep the rice from sticking to the bottom). Place the rice, pinch of salt and boiling water in the saucepan and bring to the boil. Let simmer for 30 to 40 minutes (if you soaked the rice it will take less time). Stir from time to time, adding more water if it looks dry.
2. When the rice is fully cooked and soft, stir in the coconut milk and heat through, don't let it boil. Add maple syrup if you and your guests have a sweet tooth.
3. While the porridge is cooking, place the fruit, water, cinnamon and vanilla pod in another saucepan and bring to the boil. Let simmer for 15 minutes.

To serve, place the porridge in individual bowls and swirl or dollop on some coconut yoghurt, the compote and a dash of maple syrup.

Note: If you have made too much, you can save it for the next day, just reheat and add more water.

The logo for Veet Karen, featuring the name in a stylized, handwritten script font.