

Mocha Amazake Pudding

This dairy-free, egg-less pudding is delectably sweet with a full, rich flavor.

Dissolve carob powder and grain coffee in $\frac{1}{4}$ cup boiling water. Purée carob mixture, amazake, almond or soy milk, and rice malt syrup in a blender. For a smooth, creamy texture, pour mixture through a fine-mesh strainer to remove any hulls. (Press solids dry and refrigerate in a covered container. Use for cookies or quick breads.)

In a medium-sized saucepan, combine amazake mixture and salt. Sprinkle kanten flakes on top, and heat to a simmer over a medium flame without stirring. Simmer 2 minutes, gently stirring until kanten is dissolved. Thoroughly dissolve kuzu in 2 tablespoons cold water and add to pudding while stirring briskly. Simmer 2 minutes more, stirring constantly until pudding thickens. Remove from heat and stir in vanilla. Pour into custard cups or small bowls. Chill until firm before serving (about 2 hours).

*A coffee substitute made primarily from roasted grains.

Preparation List:

Serves 4

- 2 teaspoons carob powder
- 2 tablespoons grain coffee*
- 1 cup amazake
- $1\frac{1}{2}$ cups Almond Milk or $\frac{3}{4}$ cup each: soy milk and water
- $\frac{1}{4}$ cup rice malt syrup
- Pinch sea salt
- $1\frac{1}{2}$ tablespoons kanten flakes (agar-agar)
- $1\frac{1}{2}$ tablespoons crushed kuzu
- 1 teaspoon vanilla