



Vegan Baking: Yummy Tofu Rice Pudding

by jamie on June 9, 2009

For more delicious vegan dessert recipe ideas, try this amazing tofu rice pudding with rhubarb, pine nuts, & Thai Basil, from **House Foods America** providers of high quality tofu products - seriously some of the best, highest quality tofu you'll ever taste.

Ingredients:

For the Rice Pudding:

½ cup jasmine rice
1 ½ cups water
2 tablespoons sugar
¼ teaspoon salt
1 block House Foods Soft (Silken) Tofu
¼ vanilla bean, scraped
2 tablespoons + 1 teaspoon agave nectar
Zest of ½ a lime
¼ teaspoon salt
2 agar sheets or Ko-jel



For the Rhubarb:

1 ½ cups rhubarb, sliced 3/16" thick
½ cup freshly squeezed lime juice
1 ½ oz peeled ginger, cut into slices
2/3 cup agave nectar
¾ cup water
¼ teaspoon salt

For the Crust:

1 ½ cups pine nuts
1 tablespoon agave nectar
Pinch of salt

Garnish:

2 tablespoons Thai basil, cut into ¼” squares

Method:

Preparation

For the Crust

1. Preheat oven to 350°F. Combine pine nuts, agave nectar and salt in a food processor. Process until pine nuts are coarsely ground and they start to stick together.
2. Line a baking sheet with parchment paper and place six 3 ½” ring molds on the tray. Spray each mold with non-stick spray. Spoon 2 tablespoons of the pine nut mixture into each mold and pack mixture firmly into an even layer. Bake at 350°F for about 5 minutes or until crusts are golden brown. Remove from oven and let cool completely to room temperature. Do not try to move crusts when they are hot—they will fall apart.

For the Rice Pudding

1. Wash rice until water runs clear and drain completely. In a heavy-bottomed pot, combine rice, water, sugar and salt. Stir well and place over high heat. Bring rice to a full boil and then turn down to a low simmer and cover for about 12-15 minutes. Remove rice from heat and let steam for about 10 minutes. Transfer rice to a large bowl and refrigerate until cool.
2. Meanwhile, bloom the agare/Ko-jel sheets in cold water.
3. Combine tofu, agave nectar, vanilla bean seeds, lime zest and salt in a blender. Blend on high until completely smooth then transfer mixture to a bowl.
4. Heat agare/Ko-jel in microwave until it melts and then pour into tofu mixture and mix well to thoroughly incorporate. Add tofu mixture to cooled rice and mix well, making sure not to break up grains of rice. Place rice pudding mixture into a piping bag.
5. Cut six strips of acetate into 12” pieces and spray on one side with non-stick spray. Place acetate strips into the 3 ½” ring molds with the oiled side facing in. Place ring molds on a sheet pan lined with lightly oiled parchment paper. Pipe rice pudding mixture into ring molds to form an even ¾” thick layer. Refrigerate until completely cool.

For The Rhubarb

1. Combine lime juice, ginger, agave nectar, water and salt in a blender and blend on high until ginger is completely puréed. Pass mixture through a fine mesh strainer into a sauce pot, pressing solids to completely extract liquid.
2. Bring liquid to a boil and then reduce to a simmer for about 10 minutes.
3. Put the rhubarb into a heat proof bowl and pour the hot liquid over it. Cover with plastic wrap and refrigerate until completely cool.

To Assemble

1. Carefully place a disc of rice pudding onto a pine nut crust, making sure that pudding is completely centered.
2. Remove ring mold from pudding, but leave acetate around pudding.
3. Place a couple spoonfuls of the drained rhubarb on top of the pudding and spread

into an even layer.
Top with Thai basil and serve.

About House Foods America

Tofu specialists since 1983, House Foods America Corporation (HFAC) is dedicated to bringing you the most affordable, highest quality and widest range of the freshest, all-natural Tofu products. House Foods America uses only non-genetically modified soybeans grown in the US and specializes in making the best original, organic, and seasoned Tofu in five firmness levels from silken to extra firm. In a recent Tofu taste test conducted by the San Francisco Chronicle, House Foods Tofu was rated #1 and described as “creamy,” “tender” and “fresh-tasting”. For more information visit www.house-foods.com