



Rys in Almond Milk

Take a porcyoun of Rys, and pyke hem clene and sethe hem welle, and late hem kele. Then take gode mylke of almaundys and do ther-to and sethe and stere hem wyl and so ther-to sugre an hony, and serue forth.



2 cups brown rice (uncooked)
2 cups almond milk
¼ cup sugar
¼ cup honey
Dash of cinnamon



- 1 -Cook the rice and allow to cool.
- 2 -Mix with the almond milk, sugar and honey.
- 3 -Heat to a simmer over a low fire add a dash of cinnamon and serve warn.

Using brown rice for this dish results in a thick “pudding” with a consistency almost like oatmeal. Adding a dash of cinnamon (not in the original recipe) gives it’s flavour a bit of a boost and makes the dish more acceptable to a modern palate.

Note that this recipe contains no eggs or dairy products and is therefore suitable for Lenten feasts.

