

GENUINE BROWN RICE CREAM

1 cup short grain brown rice

10 cups spring water

1/2 umeboshi plum or a pinch of salt per cup of rice

Dry-roast rice in a cast-iron or stainless-steel skillet until golden brown. Place in pot, add water and plum or salt, and bring to a boil. Cover, lower heat, and place flame deflector beneath pot. Cook until water is one-half of original volume. Let the rice cool and place in cheesecloth or unbleached muslin, tie, and squeeze a creamy liquid out of the pulp through the cloth. Heat the cream again, then serve. Add salt if needed. The remaining pulp is also very good to eat and can be made into a small ball and steamed with grated lotus root or carrot.

Garnish with scallions, gomasio, or chopped parsley.

Note: Can also be made with barley, millet, millet + fresh corn, whole oats, and buckwheat.