

Mediterranean Amasake Pudding with Raspberry Coulis

Makes 4 servings

Pudding

2 C blended amasake (pourable consistency)
2 C Organic Soy Blend soymilk (or substitute rice or almond milk)
1/8 tsp. sea salt
1 level tsp. agar powder
2 level TBSP arrowroot powder
Zest and juice of 1/2 lemon
1/4 tsp. almond extract
4 tsp. rose water
1/4 cup toasted almonds, coarsely chopped for garnish

1. In a saucepan whisk together:
 - 2 C amasake
 - 1 C soymilk
 - 1/8 tsp. salt
 - 1 level tsp. agar powder
2. Let rest for 10 minutes, and then slowly heat up until the mixture comes to a gentle boil. Turn the heat down and simmer for 5 minutes.
Whisk while cooking or place a heat deflector under the pot so the mixture does not scorch.
3. Combine the arrowroot with the remaining 1 C soymilk. Gradually trickle this into the hot amasake mixture, whisking until the arrowroot thickens.
4. Add the remaining flavors, mix and pour into individual serving bowls, parfait glasses or even wine glasses.
5. Divide the raspberry coulis over the cooled pudding. Garnish with lightly roasted almond pieces.

Raspberry Coulis

1/2 package frozen organic raspberries (8 oz. package)
Water
Few grains sea salt
2 TBSP. maple syrup
1 level tsp. arrowroot powder

1. Open the package of raspberries and cut in half. Place half the raspberries in a one cup measure and let thaw. Add enough additional water to make 1 cup.
2. Place a fine mesh strainer over a small saucepan and push the raspberries through the strainer with a pestle or wooden spoon.
3. Remove about 1/4 cup of the strained liquid to dissolve the arrowroot.
4. Add a few grains of salt and the maple syrup to the saucepan. Heat to a simmer.
6. Trickle in the dissolved arrowroot while stirring.

Macrobiotics