

Citrus Cream Pudding

Ingredients

1 cup cashews (soaked for 6 hours then drained from water)
1½ cups filtered boiling water
2 tbsp cornstarch
½ orange zest and juice
½ lemon zest and juice *
½ cup rice malt syrup (or can use light agave but only use 1/3 cup)
Pinch of saffron threads

Sauce

1 cup rice malt syrup
3 tbsp rose water
Juice of ½ orange
Juice ½ lemon *

Garnish

¼ cup pistachios chopped
Dried rose petals (optional)

*Note re. lemon. I used a Meyer lemon, which is not as tart as a regular lemon so you may not need to use as much lemon as I suggest. Just use your taste buds to decide.

Method

1. Place the cashews and boiling water in a blender. Make sure the blender lid is well attached so you don't get boiling water all over you. Blend until the cashew milk is super smooth.
2. Put the cornstarch in a bowl and mix with ¼ cup of the cashew milk until smooth.
3. Place the cashew milk in a saucepan and bring it until it almost boils. Add the cornstarch mixture and stir continuously to get out all of the lumps. While stirring add the rice malt, orange juice, lemon juice and saffron threads. Keep stirring on a low heat for 10 to 15 minutes or until it thickens and there are no lumps.
4. Pour the cashew pudding into bowls and let cool.
5. Make the sauce by placing all of the ingredients into a saucepan and bring to the boil. Once boiling, turn to a simmer and leave for 15 minutes stirring every now and again. The sauce will reduce and thicken a little.
6. When the sauce has cooled a little pour it over the cashew puddings and garnish with pistachios and rose petals.



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