

Meghli: a Lebanese Rice Pudding

Meghli is a tasty traditional Lebanese spiced rice pudding dessert that is both vegan and gluten-free served during the holiday season and for celebratory events, such as the birth of a baby.



Ingredients

- 1 cup white rice flour
- 5 ½ cups of water
- 1 cup maple syrup
- 1 tbsp dried holy basil leaf
- 1 tbsp dried dandelion root
- 1 tbsp caraway seed powder
- 2 tsp cinnamon powder
- 1 tsp anise seed powder
- Approx. ½ cup toppings total (pinenuts, walnuts, pistachio, coconut flakes, rose petals) (optional)

- 1 Soak the nuts in water for at least 30 minutes and then proceed to peel off the skins.
- 2 Add the dandelion root to 5 ½ cups of water in a pot, bringing the water to a boil and then simmer for 20 minutes on low heat. Turn off the heat, then add the holy basil and allow to steep, covered, for another 15 minutes. Strain the tea and put it aside to cool to room temperature. This should yield 5 cups of tea but if it makes less, add enough water to make 5 cups.
- 3 In a separate bowl, measure out the rice flour, caraway, cinnamon, and anise spices, then mix together until well combined.
- 4 First, add the flour mixture to a pot and gradually add the maple syrup and whisk together. Then slowly add 5 cups of the tea while whisking to combine.
- 5 Place the pot on medium high heat and keep whisking until the mixture comes to a boil, with large bubbles forming. Then, bring the heat down to low and keep whisking until it thickens for another 10 minutes.
- 6 Take the mixture off the heat and pour into either ramekins, cups, or bowls. Be sure to leave space at the top for the toppings.
- 7 Decorate the top with a mixture of nuts, coconut flakes, and edible flower petals, either chopped or whole. You can use any unseasoned nuts you have at home.
- 8 Refrigerate the meghli for at least 1 hour to allow for it to thicken and be served cold. The meghli can be eaten for up to 4 days with refrigeration.

Yield: 6 servings