

INTERNATIONAL FOOD FAIR – VIRTUAL TOUR

HORCHATA



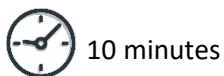
COUNTRY
MEXICO

SERVINGS
4 glasses

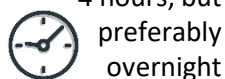
INGREDIENTS

1 1/3 Cup	Long-Grain White Rice, <i>uncooked</i>
4 Cups	Water
1 1/2 Cups	Milk
5 oz can	Evaporated Milk (<i>optional</i>)
1 Tablespoon	Vanilla Extract
1 to 1 1/2 tsp	Ground Cinnamon (<i>or 2 cinnamon sticks</i>)
1/3 Cup	Sugar, white

TIME TO PREPARE



TIME TO WAIT



TOOLS NEEDED

Blender or Coffee Grinder
Fine mesh strainer

PROCEDURE

Blend or grind the uncooked rice.
Add water, milk, vanilla, cinnamon, and sugar.
Pour into a pitcher, and place in refrigerator to
soak for at least 4 hours (overnight preferred).

Strain the mixture through a fine mesh strainer.
Serve in a drink glass with ice.

Tip: If using ground cinnamon rather than cinnamon
sticks, consider draining the mixture through a coffee
filter before serving.

Tip: After straining, save the uncooked rice, and use it
to make Mexican Arroz con Leche (rice pudding)!

The result is a creamy, refreshing drink that
brings me back to my visits to Mexico.

Enjoy! Buen provecho!



Photo credit: tastesbetterfromscratch.com/horchata/