

Horchata



Horchata (Makes 6-8 cups)

½ cup extra long grain white rice

2 cups of cool water

1 stick of Mexican/Ceylon cinnamon (only 1 layer, about 5-6 inches in length) -OR- 1 ½ tsp. ground Mexican/Ceylon cinnamon

1 12-oz. can of evaporated milk

1 14-oz. can of sweetened condensed milk

1 TBSP vanilla extract

4-6 cups of cold water (depending on how sweet you like it)

*Ground cinnamon for garnish

→Place the uncooked rice and cinnamon stick in a small bowl. Pour 2 cups of cool water over the ingredients. Cover with plastic wrap and let sit for 2-4 hours or overnight.

→Pour the soaked ingredients into a blender. Add the evaporated milk, sweetened condensed milk, and vanilla extract. Blend on high for 2-3 minutes until the mixture is completely smooth.

→Once you have completely blended the ingredients, pour the horchata through a fine mesh colander into a pitcher in order to remove any large bits of rice or cinnamon.

→Add 4-6 cups of cold water depending on how sweet you like the horchata to taste. Start out with 4 cups and see if you like it. Adjust as needed.

→Serve over ice and sprinkle with some ground cinnamon.

NOTES:

- Be sure to buy extra long grain white rice. This really affects the taste and texture of the horchata. You definitely want it to be milky white. I used the brand “La Preferida.”
- Mexican cinnamon is also known as Ceylon cinnamon or real cinnamon. It is not as hot and spicy as the cassia variety that is often sold in the U.S. Mexican cinnamon can be identified by its appearance. It is usually long and made up of layers of thin papery bark. It is delicate and the layers tend to curl around themselves. Cassia cinnamon on the other hand is short and stumpy. It has very thick bark and there is usually only one tight curl. Try to search for Mexican/Ceylon cinnamon because it provides a more subtle cinnamon flavor. I found mine at the local Mexican grocery store.

Recipe Source: Adapted from “La Receta de la Abuelita” YouTube channel

