

Toasted Coconut Breakfast Risotto

Heat a small cast iron frying pan over a low heat. Add:
½ cup shredded, unsweetened coconut

Gently brown the coconut while tossing it lightly with a silicon spatula. The pan retains heat and will continue to brown the coconut so once you get it lightly browned remove it to a dish to cool.

Bring to a simmer in a medium saucepan then turn off the burner keeping the water there to remain warm:
2½ cups water

In a separate saucepan over medium heat add and heat for a minute:
1 tablespoon grapeseed or other vegetable oil

Stir in, coating with oil, and heating for another minute:
½ cup Arborio rice

Add and stir in:
¼ cup dried fruits (cherries, cranberries, raisins)

Now you're going to add the hot water ¼ cup at a time. The first addition will create a bit of steam so add it carefully. Stir the risotto until the water evaporates and then add another quarter cup. Continue in this manner until all the water has been absorbed and the risotto is plump, soft, and creamy.

Caution: this requires a lot of attention and stirring. If you walk away to do some other tasks you may easily burn the risotto. Trust me on this.

When all the water is absorbed and the risotto is soft and creamy remove it from the heat.

Stir in the remaining ingredients:
¼ cup coconut milk
2 teaspoons maple syrup
½ teaspoon vanilla
¼ teaspoon cinnamon
pinch nutmeg (optional)
sea salt

Let it sit for a minute or two to cool and then gently stir in all but a heaping tablespoon of the toasted coconut. Serve in a bowl topped with a sprinkle of cinnamon, brown sugar and the remaining coconut.

Makes about 2 or 3 servings.