Black Sesame Porridge

Ingredients

1 c Water
1/4 c Black Sesame Seeds
1 T Rock Sugar
1 T Rice

Instructions

1.Wash rice grains in a fine mesh strainer then drain and pat dry. Process rice until powdery. Add the ground rice into a small pot and cover with the water. Let it soak for 15 minutes.
2.In a pan toast sesame seeds over high heat until fragrant and nutty, about 2-3 minutes. Remove from heat. When cool, grind the toasted sesame seeds until paste-like.
3.Add the ground seeds into the rice mixture and set pot over high heat. Add rock sugar to taste. The porridge will start to thicken after 2-3 minutes. Make sure you continue stirring throughout.
4.When the porridge boils, reduce to medium-low heat and stir for another 4-5 minutes. When the porridge is black and shiny, turn off heat and

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serve.