



Summer Peach Horchata



Image by Erica Gamboa

Sweet, creamy, and delicious rice drink with warm notes of cinnamon and a hint of sweetness from the summer peach. It's a refreshing and delicious summer treat, drink, or dessert.

BY ERICA GAMBOA

Servings: 10 | **Difficulty:** Easy

PREP TIME: 20 minutes + **STEEP TIME:** 4 hours or overnight = **TOTAL TIME:** 4 hours 20 minutes

Kitchen tools you will need:

- High-speed blender
- Fine mesh strainer or cheese cloth
- 1 large bowl

- Large pitcher or beverage dispenser
- Mason jars or large decorative serving glasses and straws.

Ingredients

- 1 1/2 cups of white long grain rice, washed and drained
- 4 cups of boiling water
- 1 large cinnamon stick
- 1-14oz. can sweetened condensed milk
- 1 tbsp. vanilla
- 1/4 cup agave sweetener (or sweetener of choice)
- 1- 12 oz. can evaporated milk
- 4 cups of fresh milk or milk of your choice. I like to use 2% but whole milk is traditional.
- 2 additional cups of water; if you would like a richer consistency, use 6 cups total of fresh milk instead.
- 4 large fresh peaches, peeled, pitted, and diced. *Reserve 1 1/2 cups of peaches for serving and garnish.

*Optional a light dusting of cinnamon powder for serving.

Directions

- 1 Place clean rice in a large bowl.
- 2 Break the cinnamon stick in half and add it to the bowl of rice.
- 3 Pour 4 cups of boiling water over the rice.
- 4 Place a lid or plate over the bowl to cover it, and let it steep for about 4 hours or overnight.
- 5 Once the rice has soaked, place the rice along with the water and cinnamon stick in the blender.
- 6 Blend for about 3 minutes until very well blended and the rice and cinnamon stick have completely been broken down and pulverized.
- 7 Using a fine-mesh strainer, pour the rice water over the strainer and into a large pitcher or beverage dispenser. I like to use a one-gallon serving dispenser so that I have enough room for lots of ice.
- 8 Back to the blender, add diced peaches, reserving 1 1/2 cups for serving and garnishing.
- 9 Add sweetened condensed milk, evaporated milk, fresh milk, sweetener of choice, and vanilla.
- 10 Blend until very well combined.
- 11 Add to the pitcher with rice water, stir to combine.
- 12 Add 2 cups of water and stir to combine well.
- 13 Add 1 1/2 cups of diced peaches reserved for serving, and garnish, and stir well.
- 14 Taste for sweetness, adjust to your liking, and add more sweetener if desired.
- 15 Top off the pitcher or beverage dispenser with ice and stir.
- 16 Serve by pouring the peach horchata over a large glass filled with lots of ice and garnish with a slice of fresh peach.
- 17 Sprinkle a little cinnamon powder on top if desired, and enjoy!

Tips

For the smoothest and creamiest consistency:

Horchata is known for its rich and creamy taste and consistency. To achieve this with little sediment (which is

very normal), it is important to blend the rice and cinnamon very well early on. It is the first step to making a delicious and smooth horchata, and for good reason. By nature, horchata will always have some sediment or cinnamon and rice at the bottom of the pitcher. If you notice, when you are being served an authentic glass of horchata, the person serving it will always give it a really good stir before ladling it into the glass. This is very normal, and it gives the ingredients a chance to marry into each other again. But you do want to minimize this, and that is why it is important to properly break it down at the beginning of the process. Simply blend the “rice water” on a high speed setting for about 3 minutes or until the rice is completely pulverized and smooth.

Another form of insurance, if you will, is by also pouring the mixture through a fine wire mesh strainer to catch any lingering remnants of rice and cinnamon. This will ensure you have the creamiest and smoothest base for your horchata, and it makes all the difference. Don't skip this step!

Also very important is making sure you give the rice and cinnamon a good amount of time to soften and steep. Some horchata recipes also call for nuts of some kind, such as almonds or walnuts. Depending on what part of Mexico you are from, nuts are a popular ingredient in horchata. For this reason, it is super important that the rice, cinnamon, and nuts, if that is what you are using, have enough time to soften and soak. The rule of thumb is to always soak overnight, but if that is not possible, soaking for a minimum of 4 hours in hot, boiling water will do the trick.

Notes:

Fruits and flavorings that will work well in this horchata recipe:

- Strawberry
- Mango
- Pineapple
- Banana
- Cantaloupe
- Coffee instant or brewed

Nutrition

Nutrition Facts	
Servings: 10	
Amount per serving	
Calories	368
% Daily Value*	
Total Fat 6.8g	9%
Saturated Fat 4.2g	21%
Cholesterol 28mg	9%
Sodium 160mg	7%
Total Carbohydrate 60.3g	22%
Dietary Fiber 1g	4%
Total Sugars 47.5g	
Protein 11.8g	
Vitamin D 31mcg	156%
Calcium 384mg	30%
Iron 1mg	5%
Potassium 414mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.