



Panamanian Rice and Pineapple Chicha

Pineapple peel
1/2 cup rice
1 stick cinnamon
1 cup evaporated milk or regular milk
1 cup simple syrup or water and sugar to taste
1/4 tsp. vanilla extract
1/4 tsp. grated nutmeg

Place the pineapple peel, rice and cinnamon stick in a pan. Cover it with water and bring to a boil. Cook until the rice is softened. Let it cool down completely.

Place the cooked rice and peel in the blender and puree. Pass the juice through a sieve and strain into a bowl. Add the milk, syrup, vanilla and nutmeg. Stir well and pour into a pitcher. Serve over ice. Enjoy!