



GLASS OF BASMATI RICE AND STRAWBERRY MOUSSE WITH NUTELLA®

Mousse | Gluten free | Lunch | Dinner | All year round | Banqueting



Serves about 10

- 150g Nutella®

Milk rice ingredients:

- 315g milk
- 38g caster sugar
- 1/2 vanilla pod
- 1.5g salt
- 2g grated lemon rind
- 13g butter
- 75g Basmati rice

Custard cream ingredients:

- 125g milk
- 30g caster sugar
- 12g flour
- 2 egg yolks
- ½ vanilla pod
- pinch of salt

Strawberry cloud ingredients

- A siphon is needed
- 150g strawberries
- 15g caster sugar
- 3 drops of lemon juice
- 1g aspic

Milk rice procedure:

Bring the milk to the boil with the flavourings, sugar, salt and butter. Add the rice and cook (but it

should remain al dente).

Remove the pan from the flame and leave to cool. Cover with cling film (actually on top of the mixture) and place in the fridge.

Custard cream procedure:

Bring the milk to the boil with the vanilla and salt. Mix the egg yolks with the sugar and flour and add to the pan. Bring back to the boil, stirring all the time, then cook for one minute. Remove from the flame and cover with cling film (actually on top of the liquid). Leave to cool.

Combine the cream with the rice and place a small amount (about 30g) in little glasses (3cm diameter, 6cm high).

Leave to set in the fridge for a couple of hours.

Strawberry cloud procedure:

Rinse the strawberries and dry them well. Liquidise them, then sieve carefully to remove any seeds that could obstruct the syphon.

Take a part of the liquidised strawberries and heat slightly. Add 3.5g aspic (after soaking it and then squeezing out the excess water), making sure it dissolves completely.

Add this warm mixture straight away to the remaining cold strawberries. Pour into the siphon with the aid of two canisters..

Leave to rest in the fridge for about two hours, then use.

Put the various parts together:

Take the glasses of rice. Top each one with 15g Nutella® (using a pastry bag). Just before serving, add 12/13g strawberry cloud with the aid of the siphon.
