



GLASS OF BASMATI RICE AND STRAWBERRY MOUSSE WITH NUTELLA®

Parfait / Mousse | Gluten free | Snacking | All year round | Banqueting

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serves about 10

- ½ cup Nutella

MILK RICE INGREDIENTS

- 1 ⅓ cup milk
- 2 ¾ tbsp caster sugar
- 1/2 vanilla pod
- ¼ tsp salt
- 1 tsp grated lemon rind
- 1 tbsp butter
- ½ cup Basmati rice

CUSTARD CREAM INGREDIENTS

- ½ cup milk
- 2 1/8 tbsp caster sugar
- 1 ½ tbsp flour
- 2 egg yolks
- ½ vanilla pod
- pinch of salt

STRAWBERRY CLOUD INGREDIENTS

A siphon is needed.

- ¾ cup strawberries
- 1 tbsp caster sugar
- 3 drops of lemon juice
- 1/3 tsp 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 1 oz) in little

glasses (1 in diameter, 2 1/3 in 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 1 tsp 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 syphon 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 1 tbsp Nutella (using a pastry bag). Just before serving, add 4 tbsp strawberry cloud with the aid of the syphon.
