

Coconut and Vanilla rice pudding, mint leaves

Recipe for 12



Description

Presented in a white ramequin, this is a rich and delicious coconut and vanilla rice pudding.

Note

When arriving close to the end of cooking the rice, be vigilant, so as not to let the rice stick or burn.

Ingredients

Coconut milk rice

- 150 Gr Arborio rice
- 40 Gr Sugar
- 398 Ml Coconut milk
- 350 Ml Milk
- 2 Unit(s) Vanilla bean
- 40 Gr Sugar

Crème anglaise

- 250 Ml Milk
- 3 Unit(s) Egg yolk
- 40 Gr Sugar
- 3 Leaf(ves) Gelatin
- 0 Berries 3 peppers

Whipped cream

- 150 Ml 35% whipping cream
- 6 Sprig(s) Mint

Preparation

- Preparation time **45 mins**

Coconut rice

Heat the 2% milk with half of the sugar. Once the milk comes to a boil, reduce the heat and add the arborio rice along with the other half of the sugar. With a rubber spatula stir the rice often, to avoid the rice sticking to the bottom of the pot. The cooking time should be approximately 35 minutes, it is ready when all of the milk has been absorbed by the rice. Once done, transfer the rice to a baking sheet and cover with plastic wrap to cool it faster.

Crème anglaise

Place the gelatine sheets in cold water to rehydrate, set aside.

Heat the milk in a saucepot.

In another saucepot, off the heat, whip the egg yolks with the sugar until they turn a soft white.

Slowly incorporate the hot milk to the egg and sugar mixture.

Once fully mixed, heat the liquid at low heat, stirring constantly, until the sauce thickens to desired consistency.

Squeeze the excess water from the gelatine sheets you hydrated earlier and add them to the sauce and stir to incorporate.

Refrigerate.

Whipped cream

Whip the 35% cream in a bowl until the desired consistency, usually when peaks can be formed.

Refrigerate.

Plating

Once all of the ingredients have cooled, incorporate the crème anglaise to the rice a little bit at a time with the help of your rubber spatula. Incorporate the whipped cream next. For the decoration, place a few mint leaves and a piece of vanilla bean on top.

Bon appétit!