GOURNET INSTITUTE Harvey Norman Brands • Innovation • cooking 2 0 1 7

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IT'S ALL GREEK with

GEORGE CALOMBARIS

THE PRESS CLUB Risogalo, rhubarb, custard

Serves 4

Rice cream

- 60 gm sushi rice
- 350 ml 45% cream
- 150 ml milk
- 25 gm caster sugar
- ½ vanilla pod
- 2 leaves of gelatin

Rhubarb compote

- 350 gm forced rhubarb
- 150 gm caster sugar
- 10 gm grenadine

Ice Cream

- 100 gm egg yolks
- 100 gm caster sugar
- 250 gm milk
- 250 gm cream 35%
- 1 vanilla pod

Poached rhubarb

- 350 gm forced rhubarb
- 100 gm caster sugar
- 10 gm grenadine
- 50 ml Moscato di Asti wine

Garnish

10 sprigs mint leaves

1 For rice cream, place all the ingredients for the rice cream apart from the gelatin in a thermomix and blend for 50 minutes at 90C. In the meantime, place the gelatin in ice water until soft. After 50 minutes remove the rice cream from the thermomix, add the gelatin and cool in the fridge until firm, for approximately. 1 hour. Once firm, decant into a piping bag and set aside in the fridge until needed.

5. For rhubarb compote, peel the rhubarb, and cut into 2cm rounds. Place the sugar in a medium saucepan, along with the gelatin and dissolve the sugar over a medium heat. Add the rhubarb to the saucepan and simmer on medium heat until the rhubarb is totally cooked. This will take approximately 20 minutes. Once cooked, remove the compote from the saucepan, cover and place in the fridge to cool for approximately 20 minutes. Once cooled, place into a piping bag and set aside in the fridge until needed.

5 For the poached rhubarb, peel the rhubarb and cut into 5cm batons. Place the wine, sugar and grenadine into a medium saucepan and bring to a simmer. Add the rhubarb to the mixture and simmer for around 3 minutes. Remove from the heat and allow to cool in the liquor mixture for approximately 30 minutes. Place the rhubarb and the liquor into a container and chill in the fridge for approximately 30 minutes

6. For the ice cream, cut the vanilla pod in half and scrape out the seeds. Reserve the pod for further use. Fill a medium saucepan with the milk vanilla seeds and cream. Meanwhile. whisk the egg yolks and sugar in a metal bowl. When the milk, cream and sugar is approximately. 80C, pour half over the egg mixture then return to the pan and cook over low heat until the mixture begins to thicken. Once the mixture coats the back of a spoon, pass through a sieve and cool in the fridge. Place the mixture into an ice cream machine and churn for approximately 10 minutes. Store the finished ice cream in the freezer

7. To assemble, pipe a ring of the rice cream around 2cm high and 10 cm in diameter on a plate. Spoon approximately 2 tablespoons of the rhubarb compote into the middle of the rice cream ring. Place another spoonful of the poached rhubarb on top of the rhubarb compote. Using an ice cream scoop, scoop a medium sized scoop of the ice cream on top of the poached compote. Place a few sprigs of mint on top of the dish and serve.





