

Miele

Peanut butter parfait with raspberry and honeyed rice pops

By Miele

45 minutes, plus freezing / setting time

Preparation Time

25 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

Peanut butter parfait

150 ml ($\frac{2}{3}$ cup) thickened cream
100 ml water
150 g ($\frac{3}{4}$ cup) caster sugar
6 egg yolks
110 g ($\frac{1}{2}$ cup) smooth peanut butter,
warmed

Raspberry sauce

80 ml (4 tbsp) water
80 g (4 tbsp) caster sugar
250 g raspberries
Squeeze of lemon juice, to taste

Caramelised rice puffs

20 g (1 tbsp) butter
20 g (1 tbsp) honey
26 g ($\frac{3}{4}$ cup) rice puffs

Chocolate rice pop shards

100 g ($\frac{1}{2}$ cup) ruby chocolate
 $\frac{1}{2}$ tsp coconut oil
3 tbsp caramelised rice puffs

To serve

Fresh raspberries

Miele accessories

Baking trays, Saucepans and Frying pan

METHOD

Parfait

1. Whisk the cream to soft peaks and refrigerate until required.
2. Place the water and sugar in a small saucepan over medium heat, induction setting 5 and simmer for 5 minutes, stirring occasionally until the sugar has dissolved. Increase the heat to high heat, induction setting 9 and boil the mixture for 3 minutes. The syrup should be thick and read 120°C on a candy thermometer. Remove from the heat.
3. Place the egg yolks into the bowl of a freestanding mixer fitted with a whisk attachment. Whisk on high speed until the mixture has doubled in size. Reduce the speed to low and pour in the sugar syrup in a thin stream until combined. Continue to whisk until a thick creamy foam has been reached.
4. Slowly whisk in the warmed peanut butter until just combined.
5. Using a large metal spoon, add a third of the whipped cream to the peanut mixture and mix well.
6. Add the remaining cream and gently fold to combine.
7. Pour into six moulds, approximately 60 g a portion. Freeze overnight.

Raspberry sauce

1. Place the water and sugar in a small saucepan and bring to the boil on high heat, induction setting 8 for 3 minutes. Remove from the heat and allow to cool slightly.
2. Place the raspberries in a blender, pour over the sugar syrup and blend for 1 minute. Pass through a fine sieve to remove the seeds.
3. Taste and adjust with lemon juice for a fresh fruity taste.

Caramelised rice puffs

1. Warm the butter and honey in a frying pan on medium heat, induction setting 6 until bubbling.
2. Add the rice puffs and toss until the puffs are well coated, caramelised and sticky. Pour onto a baking tray lined with baking paper and allow to cool. When the mixture has cooled break into pieces.

Chocolate rice pop shards

1. Melt the chocolate in a small saucepan on low heat, induction setting 1. Stir through the coconut oil then pour onto a baking tray lined with baking paper. Scatter over the caramelised rice puffs and refrigerate until set. Break into shards and refrigerate until required

To serve

1. Remove the parfaits from the moulds and place on chilled serving plates. Drizzle over a spoonful of the raspberry sauce and decorate with shards of ruby chocolate. Scatter with extra rice puffs and torn fresh raspberries, if desired.

Hints and tips

- Sustainability tip – silicone baking mats are a sustainable substitute for baking paper as there is no waste and they wash easily.
- We used silicone ½ cup muffin pan moulds. The parfaits pop out easily with no need to dip in hot water to soften.
- Ruby chocolate can be replaced with milk or dark chocolate for a different flavour profile