



World Gourmet Summit 2007

Grand Copthorne Waterfront Hotel Singapore

23 April 2007 / 3.00pm to 5.00pm

RISOTTO AND CANDIED FRUIT CAKE CHOCOLATE SAUCE

Presented by
Michele Pavanello

	Ingredients:
400ml	Full Cream Milk
550ml	Cream
1	Vanilla Bean Pod, Scraped
200gms	Arborio Rice
150gms	Caster Sugar
4	Egg Yolks
150gms	Orange, for Zest
150gms	Raisins
	<u>Chocolate Sauce</u>
150ml	Milk
150ml	Cream
300gms	Dark Chocolate



Recipe Notes:

Method for Cooking:

1. Pour full cream milk and cream into a pot, add in the scraped vanilla bean and bring it to a boil. Reduce heat and add in arborio rice and 100g sugar and simmer for 20 minutes, stirring constantly until liquid has evaporated. Pour the risotto onto a baking tray to dry; about 20 to 30 minutes. Transfer dried risotto to a bowl and lightly mash it up with a whisk, keeping the risotto grains whole. Whisk in egg yolks, the remaining 50g sugar, orange zest, raisins and cream until the batter is smooth. Portion off the batter into cake moulds and bake in a preheated oven at 150°C for 15 minutes.
2. For the Chocolate Sauce:
Bring milk and cream to a boil in saucepan. Remove pan from the heat and break in the chocolate. Whisk the chocolate sauce until smooth with a hand-held blender.
3. To Serve:
Remove risotto and candied fruit cakes from the cake moulds and place onto a serving plate. Drizzle chocolate sauce over the cakes.