



Soaked Portuguese Rice Cake with Old Pulteney and Caramel Custard Ice Cream

(Serves 4)

Rice Cake:

- 200g rice flour
- 150g flour
- 200g caster Sugar
- 75g Butter
- 150ml Milk
- 2 Eggs
- ½ orange zest
- ½ Lemon Zest
- 10ml Orange Liquor such as Licor Beirão
- 1g Smoked Paprika
- 2 tsp baking powder
- 1 tsp bakers yeast dissolved in a bit of warm water or powdered yeast
- Butter to coat the moulds
- Powdered sugar to sprinkle on top

Method:

- Pre heat the oven at 200 degrees
- Mix all the wet ingredients to dissolve and incorporate in a large bowl.
- Mix all the dry ingredients and whisk vigorously into the wet ingredients to incorporate into a smooth batter. If using baker's yeast, make sure it's well dissolved before you start mixing.
- Line 8 muffin moulds with vertical paper and brush them with a bit of butter



- Spoon the batter evenly between the moulds so that they are no more than half full. They will rise in the oven so please be aware not to overfill them
- Once the batter is evenly spread, sprinkle the top with sugar and let it rest for 30 mins uncovered in the counter
- Bake the cakes at 200 for 15 minutes
- Remove from the moulds and let it cool down on a cooling rack

Caramel Custard Ice Cream:

- Port Caramel
- 175g caster sugar
- 375g water
- 375g ruby Port wine

Method:

- Heat the sugar in a pan with the water, once is dissolved, increase the heat to make an amber coloured caramel (It should reach 144°C)
- Carefully pour the caramel into a baking tin
- Leave to set in the fridge overnight

Custard Caramel:

- 600g caster sugar
- 375g water
- 1 cinnamon stick
- Zest of Half a lemon
- 540g pasteurised egg yolks

Method:

- Cook Sugar syrup to reach 112°C , with lemon zest and cinnamon



- Pass the mix onto the yolks and pass it through a sieve and mix it thoroughly again so it's well incorporated.
- Pour the mixture into a medium sized rectangular deep tray so that the mix is not filled to the top but about 2-3 inches. Cover with kitchen foil, make some a couple of holes on it so it steams.
- Bake the custard on a Preheated oven in the mixed steam bake setting at 100°C for 20 minutes (check at 10 minutes) and keep checking until the middle of the custard is set. Use a toothpick.
- Remove from the oven, take the foil off and let it cool down.
- This custard is amazing as it is and if you flip it onto a tray, you'll get an amazing caramel custard to serve to your friends.

For the Ice Cream:

- To make the ice cream transfer the whole thing or if you wish, half of the custard and blend that with 20% of whole milk. This will help dilute it. Mix it in a blender or hand blender and place in a Standard ice cream maker following the user instructions.
- Churn until a smooth Gelato like texture is achieved.
- Reserve for plating

Custard Sauce:

- 500g double cream
- 150g whole milk
- 150g caster sugar
- Black pepper to taste
- 2 cinnamon sticks
- 4 Egg yolks
- Sea salt
- 25g Old Pulteney Port whisky

Method:



- Bring the cream, milk sugar and aromatics to a boil and simmer for 5 minutes.
- Whisk the mix slowly into the egg yolks to temper and so it doesn't curdle.
- Strain through a fine strainer and add back to the pot and cook in low heat until the mix thickens likely. Be careful not to scramble the eggs.
- Strain again and add the whiskey and a touch of salt. Cool it down for service.

To plate and assemble:

- Cut the rice cakes in half lengthwise and toast them lightly.
- Douse them with the whisky custard cream and place in the bottom of a serving plate.
- Scoop the custard ice cream on top
- Spoon a bit more of the custard on top and drizzle with a good extra virgin olive oil and a sprinkling of Maldon Salt
- Serve immediately