



ÉCOLE INTERNATIONALE JAMES COOK
- ENGLISH SPEAKERS CLASS - 2020

RICE FRUITY ICEBLOCK



RICE FRUITY ICEBLOCK

INGRÉDIENTS

- 1/2 cup long grain rice
- 1/4 cup fresh lentils
- 1 1/2 cup water
- 2 cm ginger
- 2 teaspoon cardamon powder
- 1 tablespoon cardamon powder
- 1/4 cup sultana
- 1/2 cup coconut milk
- 1/4 cup condensed milk
- 1/2 teaspoon salt
- 2 fresh passionfruit

Préparation : 45 min

16 parts

Cuisson : 12 h

1. Pour rice in a rice cooker, rinse it and cook it until keep warm. Pour it in the blender.
2. Open the lentil skin and take out the lentils.
3. In a pot, pour the lentils and add water to boil until the lentils soften.
4. Take the lentils out from the pot and pour it in the blender.
5. Put the ginger and cardamom powder in the blender.
6. Add coconut milk.
7. Cut passionfruits into halves and scoop out the fruit from inside and pour it in a cup.
8. Add cinnamon powder, mil, condensed milk, brown sugar, and sultanas.
9. Add passionfruit and salt. Blend it until the mixture gets smooth.
10. Pour the mixture in a big bowl and pour it in ice moulds.
11. Freeze it for 12 hours.
12. Serve chilled.