



**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