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Mochi Ice Cream

Ingredients

95g caster sugar
210g water
100g mocha flour (Japanese rice flour)
Cornflour for dusting
400g good-quality ice-cream, any flavours, softened in the refrigerator for 20 minutes
To serve: bamboo leaves, crushed ice and fresh seasonal berries

Preparation

1. In a microwavable bowl, dissolve the sugar in the water and in the mocha flour, ensuring there are no lumps
2. Cook in the microwave oven on medium heat for 30 seconds. Remove and beat vigorously with a wooden spoon (the mix will become stiff and elastic)
3. Place back in the microwave oven and repeat the process three more times
4. Turn out on a board dusted with cornflour and let cool
5. Scoop the ice cream into small balls using a melon baller (maximum diameter 2cm) and place back in the freezer
6. When the paste is cool, roll it out into a sheet about 3mm thick, dusting it with cornflour to prevent sticking
7. Place on a tray and freeze for about 30 minutes to harden
8. Remove the mocha paste sheet from the freezer and, using a 4-5cm diameter cutter, cut out as many rounds as you can
9. Place and ice cream ball in the centre of each and wrap it in the mocha paste, then place back in the freezer
10. About 3-5 minutes before serving, remove from the freezer to allow the mocha to soften slightly
11. Serve on bamboo leaves set on top of a plate of crushed ice and decorate with fresh seasonal berries.

Cooks Note

Make green tea or chocolate flavoured mochi by replacing 10g of mochi flour with green tea powder or cocoa powder.