



Posted on 14 July 2015

by Yes Chef

Spiced Puddings with Saffron Apricots



Ingredients

375ml (1 1/2 cups) pouring cream
155g (3/4 cup) caster sugar
1/2 tsp cardamom seeds, crushed
875ml (3 1/2 cups) milk
135g (3/4 cup) rice flour
1 1/2 tbs cornflour (see note)
55g (1/3 cup) unsalted pistachio kernels, coarsely chopped
Saffron Apricots
200g dried apricots, halved
500ml (2 cups) boiling water
Large pinch of saffron threads
140g (2/3 cup) caster sugar

Preparation

- 1.
- 2 To make the saffron apricots, place the apricot and boiling water in a large heatproof bowl. Sprinkle with the saffron. Set aside for 3-4 hours or until the apricot is plump.
- 3 2. Transfer the apricot mixture to a saucepan. Add the sugar and place over medium heat. Cover and cook, stirring occasionally, until the sugar dissolves. Simmer for 5 minutes or until the apricot is tender. Set aside to cool. Cover and place in the fridge.
- 4 3. Combine cream, sugar, cardamom seeds and 560ml (2 1/4 cups) of milk in a medium saucepan over medium heat. Bring just to a simmer, stirring occasionally, until the sugar dissolves. Whisk the remaining milk, rice flour and corn flour in a medium heatproof bowl until smooth.
- 5 4. Gradually whisk 375ml (1 1/2 cups) of cream mixture into the rice flour mixture to make a paste. Return to the saucepan over medium heat. Cook, stirring, for 2 minutes or until the mixture boils and is smooth and thick. Set aside to cool. Divide among six 300ml-capacity serving glasses. Cover and place in the fridge for 4 hours to chill.
- 6 5. Top with the saffron apricots and pistachio.

Cooks Note

Recipe by Yes! Chef Event Catering