



Crispy Warm Sesame Mochi with XO Caramel

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



1084 kcal

DESSERT

Ingredients

- 1 tablespoon brandy to taste
- 3 tablespoons butter softened
- 8 servings soybean oil for frying
- 2.6 ounces wheat starch
- 4 cups cup heavy whipping cream
- 21 ounces glutinous rice
- 1 pinch salt
- 0.7 cup sugar

- 2 cups sugar
- 0.5 cup water
- 3 cups water boiling
- 8 servings sesame seed white for coating

Equipment

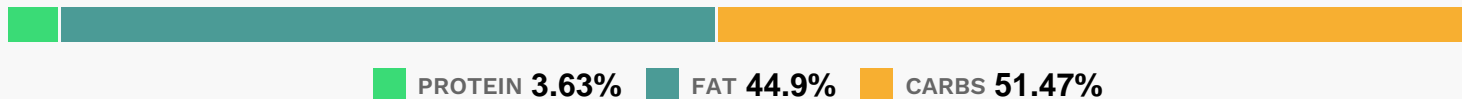
- bowl
- frying pan
- paper towels
- sauce pan
- mixing bowl
- pot
- stove

Directions

- Combine the rice flour, wheat starch, sugar, butter, and salt in a mixing bowl.
- Mix together and then add the boiling water. Stir with a spoon, and then knead with your hands to form a smooth paste. Wet your hands and form the dough into 1-inch diameter balls, and then roll them in the sesame seeds.
- Put the sugar and water in a large saucepan over high heat and stir. Bring to a boil without stirring and cook, still without stirring, until the sugar becomes a deep brown caramel. Do not stir at any point after the pot is placed on the stove or the sugar will crystallize.
- Add the cream and salt and cook until reduced by one-quarter.
- Add the brandy when the sauce is almost done reducing.
- Put enough soybean oil in a saucepan to come 3-inches up the sides of the pan and heat to 350 degrees F. Lower the mochi balls into the oil and fry until golden brown, about 4 minutes.
- Drain on a paper towel.
- Serve on a plate with the warm caramel in a dipping sauce bowl on the side.
- This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the

proportions indicated, and therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:40.4, Glycemic Load:95.59, Inflammation Score:-8, Nutrition Score:14.302173878836%

Nutrients (% of daily need)

Calories: 1084.28kcal (54.21%), Fat: 54.62g (84.03%), Saturated Fat: 31.14g (194.6%), Carbohydrates: 140.85g (46.95%), Net Carbohydrates: 137.74g (50.09%), Sugar: 70.04g (77.82%), Cholesterol: 145.76mg (48.59%), Sodium: 83.51mg (3.63%), Alcohol: 0.63g (100%), Alcohol %: 0.2% (100%), Protein: 9.93g (19.87%), Manganese: 0.93mg (46.54%), Vitamin A: 1881.22IU (37.62%), Selenium: 18.27µg (26.1%), Copper: 0.49mg (24.66%), Vitamin B2: 0.3mg (17.58%), Phosphorus: 174.71mg (17.47%), Calcium: 169.95mg (16.99%), Vitamin B1: 0.22mg (14.76%), Iron: 2.55mg (14.18%), Magnesium: 54.94mg (13.74%), Vitamin D: 1.9µg (12.69%), Fiber: 3.11g (12.44%), Zinc: 1.83mg (12.18%), Vitamin B3: 2.04mg (10.18%), Vitamin E: 1.47mg (9.77%), Vitamin B5: 0.93mg (9.26%), Vitamin B6: 0.18mg (9.23%), Vitamin K: 9.32µg (8.88%), Potassium: 210.7mg (6.02%), Folate: 17.89µg (4.47%), Vitamin B12: 0.2µg (3.32%)