



## Rice Fritters With Sesame Caramel

 Vegetarian

READY IN



25 min.

SERVINGS



18

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 large eggs
- 2.8 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 cup heavy cream
- 1 large cranberry-orange relish
- 1 pinch salt
- 0.3 cup sesame seed

- 0.3 cup sugar
- 0.5 cup sugar
- 0.5 cup condensed milk sweetened
- 2 tablespoons butter unsalted
- 2 teaspoons vanilla extract
- 18 servings vegetable oil for frying
- 1 cup rice medium-grain white
- 4.8 cups milk whole

## Equipment

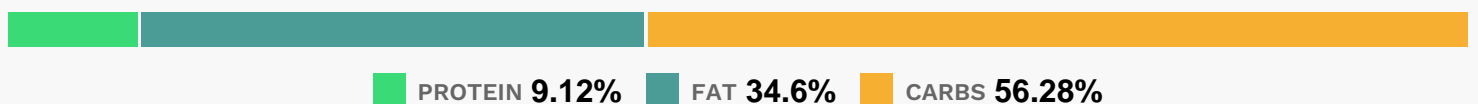
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- baking paper
- whisk
- kitchen thermometer
- measuring cup

## Directions

- Make the caramel: Toast the sesame seeds in a skillet over medium heat until golden.
- Transfer to a dish.
- Remove the peel from the orange in wide strips, then squeeze the orange juice into a separate dish; set aside.
- Cook the sugar in a skillet over medium heat, swirling the pan, until deep amber.
- Whisk in the butter, cream and salt until dissolved.
- Add the orange peel and juice. Cook, whisking, until the sauce thickens, 5 to 10 minutes.
- Remove from the heat.

- Add the sesame seeds. (You can refrigerate the sauce, covered, up to 1 day; reheat before serving.)
- Make the fritters: Bring 4 cups milk, the salt and cinnamon to a simmer in a saucepan over medium-high heat.
- Add the rice, reduce the heat to medium, and cook, stirring, until tender, 20 to 25 minutes.
- Add the condensed milk and 2 tablespoons sugar; cook, stirring, until thick, 5 to 10 more minutes. Stir in the vanilla and let cool completely.
- Roll tablespoonfuls of the rice mixture into balls. Put on a parchment paper-lined baking sheet; cover and chill until ready to fry.
- Whisk the flour, baking powder and the remaining 2 tablespoons sugar in a bowl.
- Whisk the egg and the remaining 3/4 cup milk in a liquid measuring cup; gradually whisk into the flour mixture until smooth.
- Heat 2 inches vegetable oil in a wide saucepan until a deep-fry thermometer registers 350degrees F. Working in batches, dip the rice balls in the batter using a fork, then fry until golden, turning once, about 8 minutes per batch. (Return the oil to 350degrees F between batches.)
- Drain on paper towels.
- Drizzle with the caramel.
- Photograph by Yunhee Kim

## Nutrition Facts



## Properties

Glycemic Index:30.55, Glycemic Load:25.85, Inflammation Score:-4, Nutrition Score:8.7734783421392%

## Flavonoids

Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg Naringenin: 1.57mg, Naringenin: 1.57mg, Naringenin: 1.57mg, Naringenin: 1.57mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 289.64kcal (14.48%), Fat: 11.19g (17.21%), Saturated Fat: 4.74g (29.63%), Carbohydrates: 40.95g (13.65%), Net Carbohydrates: 39.7g (14.44%), Sugar: 17.33g (19.25%), Cholesterol: 31.76mg (10.59%), Sodium: 68.2mg (2.97%), Alcohol: 0.15g (100%), Alcohol %: 0.13% (100%), Protein: 6.63g (13.26%), Selenium: 12.63µg (18.05%), Manganese: 0.33mg (16.4%), Calcium: 160.29mg (16.03%), Vitamin B1: 0.23mg (15.62%), Vitamin B2: 0.26mg (15.42%), Phosphorus: 152.52mg (15.25%), Folate: 44.09µg (11.02%), Copper: 0.17mg (8.71%), Iron: 1.49mg (8.27%), Vitamin B3: 1.54mg (7.71%), Magnesium: 28.45mg (7.11%), Vitamin B12: 0.42µg (7.05%), Vitamin C: 5.7mg (6.91%), Vitamin D: 0.91µg (6.07%), Vitamin A: 301.48IU (6.03%), Potassium: 203.47mg (5.81%), Vitamin B5: 0.58mg (5.8%), Zinc: 0.87mg (5.78%), Vitamin K: 5.81µg (5.53%), Vitamin B6: 0.1mg (5.21%), Fiber: 1.25g (5.01%), Vitamin E: 0.45mg (3%)