



## Ricotta and Candied Fruit Puddings

 Gluten Free

READY IN



4500 min.

SERVINGS



6

CALORIES



221 kcal

DESSERT

### Ingredients

- ☐ 1 oz fine-quality bittersweet chocolate unsweetened grated (not )
- ☐ 0.3 cup fine-quality candied fruit mixed chopped (preferably orange peel, pineapple, and citron)
- ☐ 6 servings garnish: chocolate dust and candied fruit chopped
- ☐ 1 pinch cinnamon
- ☐ 1 large egg yolk
- ☐ 1.3 teaspoons gelatin powder unflavored (less than 1 envelope)
- ☐ 0.5 cup heavy cream chilled
- ☐ 0.5 teaspoon lemon zest fresh finely grated

- ☐ 0.5 teaspoon orange zest fresh finely grated
- ☐ 1 cup whole-milk ricotta
- ☐ 3 tablespoons sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 1 large eggs whole
- ☐ 1.5 tablespoons milk whole

## Equipment

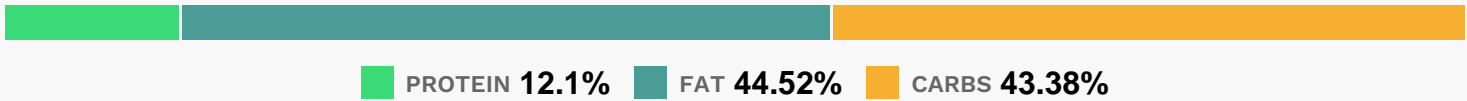
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ ramekin
- ☐ hand mixer

## Directions

- ☐ Sprinkle gelatin over milk in a small saucepan and let soften.
- ☐ Beat together whole egg, yolk, and sugar in a small metal bowl with a handheld electric mixer until blended. Set bowl over a saucepan of barely simmering water and beat with mixer until pale, thick, and tripled in volume, about 5 minutes. (- ☐ Mixture should mound when dropped from beaters.)
- ☐ Remove bowl from heat.
- ☐ Heat milk over low heat, stirring, just until gelatin is dissolved, then beat into egg mixture.
- ☐ Blend ricotta in a food processor just until smooth.
- ☐ Add fruit, chocolate, zests, vanilla, cinnamon, and a pinch of salt and pulse until blended, then transfer to a bowl. Stir in one third of egg mixture to lighten, then fold in remaining egg mixture gently but thoroughly.

- ☐ Beat cream in a bowl with cleaned beaters just until it holds soft peaks, then fold into ricotta mixture gently but thoroughly. Spoon into lightly oiled ramekins and chill, covered, until firm,at least 2 hours.
- ☐ Run a knife around edge of each ramekin, then dip ramekin into a bowl of hot tap water 10 seconds. Invert a plate over each ramekin, then invert pudding onto plate.
- ☐ · The eggs in this recipe will not be fully cooked. If salmonella is a problem in your area, you can use pasteurized eggs such as Davidson's.· Puddings can be chilled up to 2 days. · Make chocolate dust by finely chopping 1/2 oz bittersweet chocolate (not unsweetened) in a food processor. Shake it in a sieve over puddings after unmolding them onto plates, or over plates before unmolding puddings.· Oil your knife before chopping the candied fruit to prevent sticking.\* Available through Fauchon (866-308-591
- ☐ or The
- ☐ Baker's Catalogue (800-827-6836).

## Nutrition Facts



## Properties

Glycemic Index:18.85, Glycemic Load:4.26, Inflammation Score:-2, Nutrition Score:3.6573912980764%

## Nutrients (% of daily need)

Calories: 220.63kcal (11.03%), Fat: 10.65g (16.39%), Saturated Fat: 6.2g (38.78%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 22.32g (8.12%), Sugar: 16.67g (18.52%), Cholesterol: 91.31mg (30.44%), Sodium: 73.44mg (3.19%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 4.06mg (1.35%), Protein: 6.52g (13.03%), Calcium: 114.75mg (11.47%), Selenium: 5.58µg (7.97%), Vitamin A: 397.48IU (7.95%), Vitamin B2: 0.1mg (5.97%), Phosphorus: 55.55mg (5.55%), Iron: 0.89mg (4.93%), Vitamin D: 0.68µg (4.52%), Copper: 0.09mg (4.42%), Fiber: 1.04g (4.16%), Manganese: 0.07mg (3.73%), Vitamin B12: 0.19µg (3.17%), Vitamin B5: 0.29mg (2.94%), Magnesium: 11.6mg (2.9%), Vitamin E: 0.37mg (2.5%), Zinc: 0.36mg (2.43%), Folate: 9.17µg (2.29%), Potassium: 67.36mg (1.92%), Vitamin B6: 0.04mg (1.78%), Vitamin B1: 0.02mg (1.1%), Vitamin C: 0.9mg (1.09%)