



TROPICAL FRUITS, MANGO FROOTI CRÈME FRAICHE

PREPARATION TIME: 40mins for initial preparations (freezing Ice lollies overnight)

SERVES: Depending on the people - 1 portion –multiply with number of persons

INGREDIENTS:

PASSION FRUIT SALSA		
Passion fruit	Gms	5
Mango, Alphonso	Gms	5
Sugar, grain	Gms	3
PASSION FRUIT GEL		
Passion fruit puree	MI	10
Agar (textura)	Gms	0.3
Sugar, grain	Gms	3
MANGO PHIRN POPSICLE		
Milk, full fat	MI	175
Cream, whipping (35% fat)	MI	15
Green cardamom whole	Gms	0.5
Frozen Alphonso Mango puree	MI	40
Sugar, grain	Gms	6
Rice, Powder	Gms	15
Chocolate Ivory (35% fat), melted	Gms	15
Cocoa butter	Gms	10

METHOD:

For Popsicle

- Heat the milk and rice powder together with cardamom seeds and simmer till the milk reduces to half, now discard cardamom. Let the mixture cool and mix the mango puree in it
- In another bowl whip the cream with sugar and add the reduced milk in it. Stir the mixture well. Once done pour this into Popsicle molds and freeze it overnight.
- Now melt cocoa butter and pour over chocolate, mix well and keep at 35 C to remain liquid, remove popsicle from popsicle case, dip into liquid chocolate and rest in refrigerator on wire rack above a drip tray.
- Popsicles should have brittle casing filled with runny centre.

For gel

- Heat 5 ml water with Agar, and strain.
- While still hot, add into passion fruit puree and sugar, whip vigorously to achieve fluid gel.

For Salsa

- Cut passion fruits in to half, remove fruit and discard shell, cook with mango and grain sugar, leave it to cool.