

MANGO & COCONUT PUDDING

Prepared by: Joann Schwarberg, March 2017

Source:

Serves 4

425 g fresh mangoes or tinned mangoes plus syrup
450 ml tinned coconut milk
100 g caster sugar
20 g packet leaf gelatin, soaked in water and then squeezed

ORANGE CINNAMON SYRUP

50 ml golden syrup
50 ml freshly squeezed orange juice
Juice of ½ lemon
1 star anise
12 raspberries, to serve
4 sprigs mint, to serve
1 small bowl crushed pistachios, to serve

Puree the mango (including the syrup if using tinned mangoes) in a blender. Transfer to a bowl and add the coconut milk and sugar, then mix well to dissolve the sugar.

In a measuring jug, measure 50 ml (2 fl oz.) of hot water and add the soaked gelatin. Stir well to dissolve, then add to the mango and coconut puree and mix well.

Ladle the mixture into individual dishes, then place on a tray, cover with cling film and leave in the fridge for at least 1 hour to chill and set.

Meanwhile, to make the orange cinnamon syrup, place all the ingredients in a small saucepan and bring to a boil to infuse the flavors. Stir well and then set aside to cool to room temperature before covering and transferring to the fridge to chill for 20 minutes.

When ready to serve, pour 2 tablespoons of the syrup over each pudding, decorate each with 3 raspberries and a sprig of mint and allow your guests to sprinkle some crushed pistachios over the top.

