

Mango

Ingredients

- 2 large mangoes , *ripe and juicy - to make 2 cups puree (Note 1)*
- 395 g / 14 oz sweetened condensed milk (*1 can*)
- 2 cups thickened cream / heavy cream / whipping cream , *cold*
- 1/8 tsp yellow liquid food colouring (*optional*) (*Note 5*)

Instructions

1. Dice the flesh of the mango (see video for how I do it). Puree using a blender, food processor or stick blender then measure out 2 cups of mango puree (about 2 1/4 cups of diced mango).
2. Pour puree into a non stick skillet over medium low heat. Cook, stirring constantly, for 8 - 10 minutes or until it reduces by half. The test is when you can drag a wooden spoon across the skillet and the path remains there for a second (see video). Or measure out the puree to ensure it's reduced to at least 1 cup - less is even better!
3. Cool puree.