

Episode 5

Debby: Hello and welcome to Who's Cooking What? with Debby and Ben, the cooking podcast on how to keep it loose in the kitchen when you're wondering why every recipe feels so complicated.

We haven't done any beverages yet! Here's one that's easy, cool, and creamy.

Ben: It's been almost a couple of months since we made a dish this fruit-centric!

Debby: Yep! Since we're taping these episodes in advance, we're making this with fresh Alphonso mangoes, but if you're listening outside of mango season, you can substitute a can of Alphonso pulp – be sure you're using Alphonso mangoes for the best version of this dish.

Ben: Alphonso is such a great name for a fruit. Alphonso.

[podcast transition music]

Debby: In the jar of a standard blender, we're going to combine equal parts mango (I've got cubed chunks here, but substitute the same amount of the pulp if you're using canned) and plain yogurt. To this I'm adding the seeds from 4 cardamom pods, which I've given a little bit of a crush in a mortar and pestle, and half as much water as either the yogurt or the mango. Give this a blitz in the blender.

[blender noise]

Debby: And when you have a smooth purée, it's all set! If you'd like, you can add a little bit of sugar or crush in some ice cubes with the blender for more of a frothy feel, but if it's peak season, it should be perfect just the way it is.

Debby: And that does it for this week's episode of Who's Cooking What? - thanks for tuning in! Who's Cooking What? is available on Apple Podcasts, Spotify, and any other place you can download podcasts