

MANGO PUDDING



Photo by Heather Gill on Unsplash

Ingredients

- 2 cups fresh mango, peeled
- 1 cup evaporated milk
- 1/2 cup superfine sugar
- 1 cup hot water
- 3/4 ounce powdered gelatin
- 1 lime, or juice and zest
- Powdered sugar
- mint, sprigs

Yield: 4 servings

Directions

1. Puree the mangoes in a blender.
2. Transfer to a bowl.
3. Pour the evaporated milk onto the mango puree, and the sugar and mix well. In a separate bowl, pour in hot water and add the gelatin (and not the other way around or you will get lumpy bits).
4. Quickly stir until all the gelatin granules have dissolved and add to the pureed mangoes and mix well.
5. Ladle the mixture into 4 dishes.
6. Place on a tray and refrigerate for at least 1 hour.
7. When ready to serve, briefly put the dishes in a baking pan filled with 1 in of hot water to help loosen the pudding.
8. Use a flat knife to run around the edges of the pudding.
9. Place a plate on top of the dish and quickly invert it—the pudding should fall onto the plate.
10. Squeeze over lime juice, dust with powdered sugar and decorate with lime zest and sprig of mint.

Mango Pudding recipe provided by publicdomainrecipes.com.