
COLD AND CHILLI



Food : Main Courses

Ingredients

Chilled Soup • 200g Mango Juice • 100g Apple Cider
• 5g Honey • 25g Lime Juice • 300g Mango Puree •
300g Plain Yoghurt • 50g Cream Jelly • 185g Apple
juice • 10g Sugar • 5g Lemongrass • 1g Chilli flakes
• 10g Gelatin leaves

Methods

Chilled Soup

- Bring mango juice, cider and honey to a boil. Add lime juice and place on ice water to cool.
- Cut mango into cubes, add to the juice and mix in a blender.
- Add yoghurt and mix well.
- Whip the cream and fold into the cold soup before serving.

Jelly

- Soak gelatin leaves in cold water, squeeze well. Bring apple juice, sugar, chilli flakes and lemongrass to a boil. Add gelatin, stir until dissolved, cool down on ice water and fill into moulds.