

MANGO “DAHL” WITH COCONUT

Pastry recipe / by Martín Lippo



50 servings

Vegan and gluten free recipe

In my courses, we teach many ways to make gelatins and how to mold them. Here we are going to focus on a very simple and quick technique that can bring great results. Dahl, which is an Indian lentil stew, is our starting point to combine exotic ingredients in a sweet-savory dish that may work as a pre-dessert or as suggestion for a catering, serving it as a snack or appetizer.

1. JELLY

Ingredients

Frozen fruit purée 100% :
Mango - 400g

Frozen fruit purée 100% :
Yellow Passion fruit - 600g

Sugar - 180g

Agar agar - 20g

Curry - 6g

Pour the Mango purée into a saucepan.
Add the Passion fruit purée.
Add sugar.
Add agar-agar.
Whisk.
Bring to a boil. Remove from the heat.
Add the curry powder
Mix well.
Make lentils using a syringe onto a parchment paper.
Let it set.
Remove using a spatula.

For this technique, not every gelatin will do. You have to use special gelatins because they have to set quickly. Moreover, you have to keep in mind that some gelatins will stick to the molds.

I use agar-agar because it is suited for this technique and it is a gelling agent used by vegans and vegetarians. Intrinsically, it brings an added nutritional value.

The potential of these faux mango and mandarin lentils is huge. They can be added successfully to salads or creams, giving texture and flavor.

Texture can be modified through the amount of agar-agar. The more agar-agar is used, the harder and crunchier it will get.

Keep in mind that this gelling agent is brittle. Depending on the mold you choose, a more flexible and elastic texture will be needed. To do so, combine the agar-agar with a standard gelatin. This way, the first one allows us to mold and unmold while the second one brings greater elasticity.

In this step

les vergers
boiron



2. MONTAGE

Ingredients

Frozen fruit purée, sugar
added : Coconut - QS

Sprigs of coriander - QS

Ground Allspice - QS

Lime (zest) - QS

In the side of a small stone bowl, put 1 big spoonful of lentils.

In the other side, pour some Coconut purée.

Add some chili powder, a piece of a coriander leaf and some lime zest.

Serve immediately.

In this step



Frozen fruit purée,
sugar added : Coconut

Frozen fruit purées