

Coconut Pumpkin Custard

Ingredients

thick coconut milk - 1 cup
thin coconut milk - ½ cup
milk powder - 4 tbsp
jaggery powder - ¾ cup or to taste
eggs - 8
pumpkin pieces - 1 cup
cardamom powder - ½ tsp
nutmeg powder - ¼ tsp

Method

Steam the pumpkin pieces for 10 minutes.

Warm thin coconut milk and mix milk powder in it.

Grind the pumpkin with this milk. And mix with thick coconut milk .

Add lightly beaten eggs. Add jaggery and stir till dissolved. Add nutmeg and cardamom.

Pour the mixture in a pudding mould. Cover with a lid and steam for 45 minutes.

Cool and chill in the refrigerator. Serve sliced, trickled with some honey if desired.

Papaya Fool

Ingredients

papaya puree - 2 cups
coconut cream - 1/2 cup
sugar - to taste
toasted coconut - to garnish
use ripe but firm papayas

Method

Combine the first four ingredients.

Pour in individual pudding dishes and chill in the refrigerator.

Cut coconut flesh into thin shreds and roast till golden brown.

Sprinkle on top of the fool before serving.

Orange Cinnamon Crunch

Ingredients

For Cinnamon Crunch Topping :

bread - 2 slices

butter - 1 ½ tbsp

sugar - 1 ½ tbsp

cinnamon powder - ¼ tsp

For Orange Cream Layer :

gelatin - 1 tbsp

condensed milk - 1 tin

fresh orange juice - 1 ½ cup

fresh cream - 1 cup

grated orange rind - 2 tsp

For Marmalade Sauce :

orange marmalade - 1/2 cup

water - 1 cup

corn flour - 1 tbsp

Method

Method for Cinnamon Crunch Topping :

Break bread into crumbs and mix with sugar and butter.

Spread on a baking tray and keep in a moderate oven till golden brown.

Allow to cool. Mix in the cinnamon powder.

Method for Orange Cream Layer :

Soak gelatin in 4 tbsp of water.

Whip the cream till thick.

Mix orange juice with condensed milk. Add the orange rind.

Dissolve the gelatin and add to the condensed milk mixture.

Stir over ice till the mixture begins to thicken.

Reserve ½ cup of whipped cream for topping and mix the rest into the condensed milk mixture.

Pour in a pudding dish.. Place in the refrigerator to set.

Just before serving, spread the reserved cream on top and sprinkle the cinnamon crunch over it.

Serve with marmalade sauce.

Method for Marmalade Sauce :

Mix corn flour to a paste with little water.

Add remaining water to jam and melt over a low flame.

Add corn flour mixture. Bring to a boil and simmer for 1 minute. Cool and chill in the refrigerator.

Banana Candy Top

Ingredients

bread - 7 slices

butter - 5 tbsp

milk - 1/2 litre

sugar - 1/3 cup or to taste

vanilla essence - 1/2 tsp

bananas - 4-5

lime juice - 1 tbsp

cinnamon powder - 1/2 tsp

For Topping :

grated coconut - 1 cup

powdered sugar - 1/2 cup

chopped cashew nuts - 3 tbsp

butter - 3 tbsp

vanilla essence - 1/4 tsp

Method

Break the bread into tiny pieces. Melt 3 tbsp of butter and fry bread pieces till brown.

Dissolve sugar in milk. Add essence and mix with fried bread. Spread in a greased baking dish.

Slice the bananas and arrange over the bread mixture.

Sprinkle with lime juice and cinnamon.

Dot with remaining butter and bake in a moderate oven till bananas are softened. (about 15 minutes.)

Meanwhile mix the ingredients together for topping

For Topping :

Spread the mixture over the bananas and grill till golden brown on top.

Serve warm or cold.

Date and Melon Pudding

Ingredients

milk - 2 cups

sugar - 6 tbsp

vanilla custard powder - 2 tbsp

seedless dates - 200 gm

melon cubes - 3 cups

roasted cashew nuts - 3 tbsp, chopped

cream and nuts for decoration

Method

Chop dates, add 1 cup water and soak for 1 hr.

Add 3 tbsp sugar and cook till it becomes like jam. Add cashew nuts.

Mix custard powder with 1/4 cup of milk. Heat remaining milk.

When it begins to boil, add the custard powder and cook for 2-3 minutes.

Add remaining sugar. Remove from fire and allow to cool.

In a pudding bowl, arrange alternate layers of melon cubes,, custard, and date mixture.

Decorate with cream and nuts .Serve chilled.

Chikoo Mousse

Ingredients

gelatin - 1 tbsp
eggs - 3, separated
castor sugar - 1 cup
milk - 3/4 cup
corn flour - 2 tsp
vanilla essence - 1/2 tsp
chikoo (sapota) pulp - 1 cup
fresh cream - 1/4 kg
chikoo - 1, sliced

Method

Place a pudding bowl in the refrigerator. (A mousse will set fast in a chilled bowl, to yield a uniform spongy texture)

Soak gelatin in 2 tbsp of water.

Beat the yolks with 3/4 cup sugar till light and creamy.

Mix corn flour with milk and pour over the egg yolks.

Mix well and cook stirring on a low flame till the custard begins to boil.(avoid over cooking)

Dissolve the gelatin over a low flame (avoid boiling) and add to the custard.

Add essence and allow to cool.

Mix the chikoo pulp with the custard.

Whip the cream over a bowl of ice till thick .reserve ½ cup of whipped cream for topping.

Gently mix the rest with the chikoo custard..

Beat the egg whites till stiff. Add the remaining sugar, little at a time, beating well after each addition.

Gently fold the whites into the above mixture.

Pour in the chilled pudding bowl and leave in the refrigerator to set.

Serve decorated with the reserved cream and chikoo slices.

Ambrosia Fruit Salad

Ingredients

orange - 2 large

bananas - 2 large

pineapple slices - 4-5

mangoes - 2

tender coconut - 1

walnuts - 4 tbsp

honey - 2 tbsp

fresh curds - 2 cups

sweetened condensed milk - 1/2 cup

If mangoes are not in season use peach, apple, or pear.

Method

Grate the orange rind and the segments. Slice the bananas.

Cut pineapple and mangoes into pieces. Chop tender coconut pulp.

Mix all the fruits and coconut together. Toss with honey. Keep in the refrigerator.

Drain the curds through a thin cloth till it is reduced to 1/2 cup.

Mix it with condensed milk and orange rind. Place in the refrigerator.

Just before serving, mix the fruits with condensed milk mixture and sprinkle walnuts on top.