

COOKING CUISINE

25th May 2022

Bell Pepper & Mango Soup Mango Crème Brulée

Serves 4

Equipment

- Baking tray
- Large bowl
- Plastic wrap
- Food processor
- Non-reactive bowl

Ingredients

- 2 large red bell peppers
- 1 large orange bell pepper
- 1 large ripe mango
- 1 cup orange juice (unsweetened)
- ½ cup vegetable broth
- 2 tbsp fresh lime juice
- 1 tbsp freshly grated ginger
- 1 tsp sriracha sauce (optional)
- 2 tbsp apple cider vinegar
- 1 pinch salt
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- Garnish: grated orange peel
- Basil or mint leaves



Directions

- Pre-heat the grill
- Place the peppers on a baking tray
- Grill for about 10 minutes or until blistered
- Place peppers in a large bowl, cover with plastic wrap and let stand for 10 minutes
- Once cool to the touch, peel the peppers and chop
- Place the peppers and mangoes in a food processor and puree until smooth
- Add the puree and all other ingredients into a non-reactive bowl.

- Cover and refrigerate for about 3 hours.
- Serve cold or warm topped with garnish.

Mango & Coconut Crème Brulée

Serves 4

Equipment

- Ramekin dishes
- Blow torch
- Saucepan
- Small bowl
- Wooden spoon, whisk

Ingredients

- 360 gr Peeled Ripe Mango
- 400gr Coconut Milk
- 80 gr Potato Starch
- 100 ml Water
- 2-3 tbsp fine caster sugar



Directions

- In a small bowl, mix the potato starch with the water, until dissolved.
- Peel and cut the mango into chunks
- Add the mango, starch mixture, coconut milk (only use the thick part at the top of the tin, not the liquid) to a food processor and puree.
- Pour the mango cream into a pan and turn on the heat to medium heat, stir continuously
- As soon as bubbles start appearing, turn off the heat and continue to stir whilst the cream thickens.
- Pour the cream into ramekin dishes.
- Place into fridge for approx. 1 hour or until set
- Sprinkle sugar over each dish.
- Use a blow torch to caramelize sugar.

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