



As we bid farewell to mango season, why not do it with my mango coconut faluda that has the flavors of the coast and my favorite fruit in the whole world <3

Ingredients

1 apple mango

1 teaspoon of gelatin

1 tablespoon of cardamom seeds

1 cup of milk

1/2 a cup of coconut milk

Pumpkin seeds (for garnish)

1 1/2 tablespoons of sugar

Raisins (for garnish)

Method

Peel your mango place this in a blender together with your coconut cream. Set aside.

In a sufuria add the milk, cardamom seeds and the sugar. Slightly split the cardamom seeds so that the flavors seep to the milk with ease. Let your milk simmer on low heat until it's just about to boil. After you are done, turn off the heat, discard the cardamom seeds and allow the milk to slightly cool down.

After the milk has cooled down, add the mango-coconut milk puree and mix it in.

Pour this into a jug. In a small bowl. Add the gelatin and 6 tablespoons of water and mix it all up. Pour the gelatin into the jug that has the mango coconut milk and mix it all up. Ladle this to your bowls and allow them to solidify and cool. Serve chilled!



SERVE WITH: preferably on its own

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/mango-coconut-faluda>

