

COLD AND CHILLI



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A mango, lime and yogurt soup, served deliciously chilled with a flavoursome chilli and lemongrass jelly accompanying it.

- Sub Category Name
Food
Main Courses

- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015



Ingredients

COLD AND CHILLI

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 and Directions

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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.