

Chamomile and Mango Sago Pudding with White Chocolate Chamomile Petal



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- Sub Category Name
Food
Desserts
- Recipe Source Name
Real High Tea Australia Volume 2
- Activities Name
Real High Tea

Used Teas



Natural Infusion Pure
Camomile

Ingredients

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Chamomile sago pudding

- 10 Dilmah Chamomile tea bags
- 125g sago
- 50ml coconut cream
- 30g castor sugar
- Pinch of salt

Mango jelly

- 300g mango purée
- 5g leaf gelatin

Methods and Directions

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Chamomile sago pudding

- Bring 1 litre of water to boil and brew with the tea bags for 10 minutes.
- Strain, then add to a saucepan with the sago. Simmer for 20–30 minutes or until the sago has gone transparent.
- Meanwhile, heat the coconut enough to dissolve the sugar and salt into it.
- When the sago is done, rinse through a sieve and stir through the coconut, sugar and salt. Pour into cups to fill 3/4.

Mango jelly

- Soak gelatin in mango until it has totally softened. Heat just enough to melt gelatin. Top each sago pudding with a layer of mango jelly.
- Garnish with a white chocolate chamomile petal.