

Hot desserts

Spicy fruit kebabs

(Serves 8)

Ingredients

2 oranges
2 red-skinned apples, cored and quartered
2 bananas, cut across into 4 pieces
16 pineapple chunks, fresh or canned
125g butter
2 tbsp sugar
1 tsp ground allspice or coriander

Method

Cut each orange into 4 thick slices and halve each slice. Thread 2 orange pieces, 1 apple wedge, 1 banana slice and 2 pineapple chunks on to each of 8 skewers. Melt the butter in a pan. Stir in the sugar and spice.



Brush the fruit kebabs with the spiced butter and grill for about 5 minutes, basting frequently and turning to brown evenly.

Banana splits with hot fudge sauce

(Serves 2)

Ingredients

2 bananas, halved lengthwise
4 tbsp vanilla ice cream
4 tbsp double cream, whipped

Sauce -

15g plain chocolate
1 tbsp warm water, 50g soft brown sugar
1 tbsp golden syrup
2-3 drops vanilla essence

For garnish -

1 glazed cherry, halved
2 tbsp chopped nuts

Method

Sandwich the banana halves together with



the ice cream. Put on individual plates. Spoon or pipe the cream on top and decorate with the glazed cherry and nuts. To make the sauce, melt chocolate, water, sugar and syrup in a small, heavy-based pan over a very low heat, stirring until smooth, then boil rapidly, without stirring, for 3-4 minutes. Take off the heat and stir in the vanilla essence. Pour the hot sauce over the banana splits, or serve separately.

Pears with chocolate sauce

(Serves 4)

Ingredients

250g sugar, 600ml water
Few strips of lemon rind
4 evenly-sized pears, peeled
600ml vanilla ice cream
Sauce -
75ml double cream
125g dark plain chocolate, broken into pieces

Method

To make the syrup, dissolve the sugar in the water, then add the lemon rind. Bring to the boil, then reduce to a simmer. Poach the pears in the syrup until they are tender. Leave them to cool in the syrup. Place 2 scoops of ice cream in each of 4 bowls and top with a cold poached pear. To make the sauce, put the cream in a small saucepan, and heat it gently just to the boiling point.

Remove the pan from the heat and add the chocolate. Stir until it is melted. Pour the warm sauce over the pears and serve immediately.

Custard cream fritters

(Serves 6)

Ingredients

50g custard powder
300ml single cream or milk
2 eggs, 25g caster sugar
½ tsp vanilla essence or 2-3 tsp orange juice
50g fine, fresh, white breadcrumbs
50g butter

Method

Put the custard powder in a heavy-based pan and blend with a little of the cream or milk to make a thin paste. Stir in the remaining cream or milk. Bring to boil slowly, stirring, until very thick. Remove from the heat. Beat in 1 whole egg, 1 egg yolk and the sugar. Continue beating until the mixture is cool. Beat in the vanilla essence or orange juice and pour into a shallow 15cm round dish. Set aside until the mixture is cold and very stiff. Brush with the remaining egg white and sprinkle with the breadcrumbs until well coated, pressing on gently.

Melt the butter in an 18cm heavy-based frying pan over a fairly high heat until really hot and frothy but not brown. Fry the mix-

ture for about 2 minutes on each side until crisp and golden. Drain well and cut into 6 pieces. Serve warm with melted apricot jam or honey.

Ginger queen of puddings

(Serves 6)

Ingredients

600ml milk, Pared rind of ½ lemon
50g butter, 175g caster sugar
75g fine, fresh, white breadcrumbs
3 eggs, separated
3-4 tbsp ginger marmalade

Method

Butter a shallow 1.2 litre ovenproof dish thoroughly. Place the milk and lemon rind in a pan over a very low heat and leave to

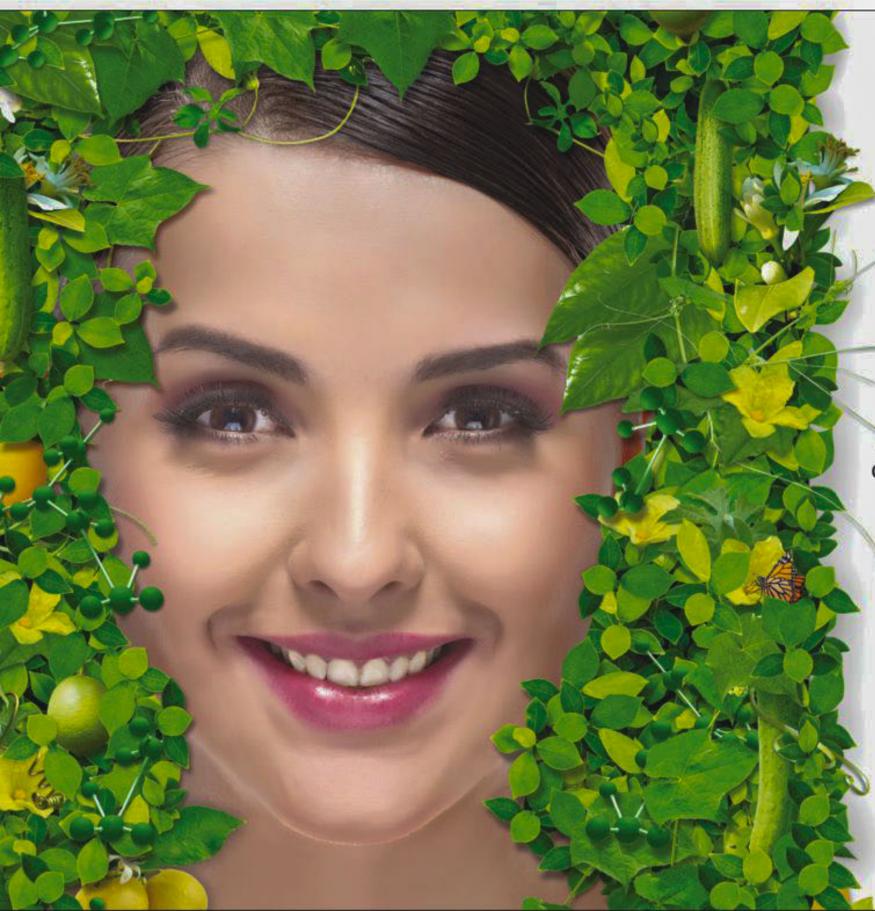


infuse for 10 minutes. Discard the lemon rind. Add the butter and 50g of the sugar to the milk and stir until melted. Add the breadcrumbs and egg yolks and mix well. Transfer to the ovenproof dish. Leave to stand for 10-15 minutes, if time permits, then bake in a preheated oven, 180C for 15-20 minutes until set. Cool slightly, then spread with the marmalade.

Lower the oven temperature to 150C. Whisk the egg whites until stiff. Whisk in half the remaining sugar, then fold in all but 2 teaspoons of the rest. Pipe or spoon the meringue over the baked pudding and sprinkle with the reserved sugar. Return to the oven for 8-10 minutes until golden brown.

Recipes by Elora Hossain

Photo: Collected



kumarika

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