



Method

In a medium size bowl, mix chia seeds, matcha, milk and honey and leave the mixture about 1 hr more to expand the chia seeds. Once the seeds have expanded completely, transfer half of the mixture into 3 serving bowls. Fill the bowls halfway through and add chopped mango about 2-3 tbsp then add the chia mixture layer again till top. Finally, again add a few chopped mangoes and mint leaves. Sprinkle with coconut flakes and chia seeds. Serve immediately or store in the fridge for 2-3 hrs.

FRANGIPANI MANGO

Flower shaped cookies that are made with fresh mango purée to munch at any time or to serve at your fancy, High-Tea time.

Ingredients

- 1½ cup all-purpose flour
- ½ cup mango purée
- ½ cup caster or powder sugar
- 1/3 cup cold butter
- 1 tsp baking soda
- Pinch of salt

Method

In a large bowl, whisk the butter with sugar until the consistency becomes creamy. Add mango purée and mix again gently and thoroughly. In a separate bowl, add flour,

salt and baking soda and mix well. Add flour mixture little by little to the mango mixture and whisk gently. Repeat mixing until all the flour mixture gets finished. Cover the dough with a lid and let rest in the fridge for ½ an hr.

Roll the dough onto your kitchen top thinly. Use a small size round cookie cutter to cut flower petals. Keep and line 5 circles up, overlapping each one about 1/3. Gently press the overlap together with your fingertip and roll the circles together to give a flower shape. Adjust all petals. Take a baking tray and place a parchment paper and place all the flowers. Bake in a preheated oven at 175 degree Celsius for about 15-20 minutes. Let all cookies come at room temperature then store in your cookie tin.

MANGO MOUSSE CHOCOLATE BAR

Ingredients

- ½ cup fresh mango purée
- 1 cup chilled heavy whipping cream (for mousse)
- 2 tsp agar powder
- 2 tbsp water
- Pinch of cardamom powder or any essence
- Pinch of saffron (optional)
- 125g chocolate bar
- ¼ cup heavy whipping cream (for chocolate ganache)
- Mango chunks for garnish

Method

Whip 1 cup chilled heavy cream until soft peaks then keep into the fridge. Take a separate bowl, dilute agar powder with

water, mix it with a spoon and let sit for a minute. Heat a sauce pan on medium-low flame with mango purée and agar water. Stir occasionally add in any flavouring at this point such as cardamom and saffron. Let the mixture come to a simmer. Once that agar has dissolved completely turn off the heat and cool the mixture to come to room temperature. Take out the whipped cream from the fridge and add mango agar mixture to it and beat it immediately to make a smooth mousse. Keep it in the fridge once again.

In a double boiler, melt your chocolate at low flame, turn off heat and add heavy whipping cream, mix together to get a smooth silky chocolate ganache. Put some cupcake liner to your cupcake tray. Fill the cupcake liner 1/3 with chocolate ganache then pour mouse layer and then again chocolate layer if you wish, till top. Chill immediately for at least 4-6 hr. Garnish with grated chocolate or anything as you like.

