

PEAR AND MANGO DELIGHT



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- Sub Category Name
Food
Desserts
- Recipe Source Name
Real High Tea 2014/15 Volume 2

Ingredients

PEAR AND MANGO DELIGHT

Filling

- 3 pears, peeled and diced
- 1 diced mango
- 40g sugar
- 20g gelatin
- 45ml cold water
- 3 egg whites
- 60g sugar
- 250ml whipped cream

Crêpes

- 1 cup flour



- Pinch of salt
- 2 eggs
- 1 cup of milk
- 2 tbsp unsalted butter, melted

Methods and Directions

PEAR AND MANGO DELIGHT

Filling

- Combine pear, mango and sugar in a pan and cook until soft. Purée the mix and set aside.
- In a bowl sprinkle gelatin over water and leave for 5 minutes.
- Melt the gelatin in a microwave and whisk into the mango and pear purée.
- Refrigerate for 15 minutes.
- In a mixing bowl beat the egg whites until frothy, add the sugar and keep beating until stiff peaks form.
- Gently fold in the whipped cream into the purée and then gently fold in the egg whites.

Crêpes

- Whisk the flour, salt, eggs and milk in a bowl.
- Whisk in the melted butter and rest for 30 minutes.
- This mixture makes 6 to 8 crêpes.

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teainspired.com/dilmah-recipes 05/07/2025