

STRAWBERRY AVOCADO SAGO

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Strawberry season is almost over and if you haven't made strawberry sago yet, this is your sign. It's cold, creamy, and packed with so many fun textures: chewy sago, bouncy coconut jelly and a surprising creamy twist with avocado!

Servings: 3-4

Prep Time: 4 hr

Cook Time: 20 min

Ingredients:

Coconut Jelly

- 1 cup coconut water
- 1 tsp agar agar powder
- 1 tbsp sugar

Dessert

- 1/2 cup strawberries, chopped
- 1 ripe avocado, chopped
- 1 cup coconut jelly, cut into cubes
- 1/4 cup gond katira (edible tragacanth gum).
- 1/2 cup cooked sago pearls
- 1/3 cup strawberry puree
- 1/2 cup milk, adjust
- 1/4 cup condensed milk, adjust
- 1 cup ice

Directions:

- We start by making our coconut jelly which takes the longest time.
 1. In a saucepan, heat the coconut water over medium heat.
 2. Add the agar agar powder and sugar, stirring continuously until fully dissolved.
 3. Bring this to a simmer, turn off the heat and then pour into a container.
 4. Let it cool at room temperature and then refrigerate covered for a few hours until fully set.
 5. Once firm, cut into small cubes.
- Next is the gond katira which simply needs to be rinsed under cold and then soaked in water for a few hours (or overnight) until it expands and turns jelly like.
- Our ★ ingredient: sago (also known as sabudana) is very easy to prepare in just a few steps.
 1. Boil some water and add sago pearls to it. You can also soak the pearls beforehand for a few hours and that will cut your cooking time to half.
 2. Boil for 15-20 minutes till it turns translucent, stirring every few minutes.
 3. Drain and rinse with cold water and its ready!
- Make strawberry purée by simply blending (or mashing) 4-5 fresh strawberries with a tablespoon each of milk and condensed milk.
- Chop strawberries and avocado and now, everything is ready to be mixed in a bowl.
- To a large bowl, add: strawberries, avocado, coconut jelly, gond katira, sago pearls and lots of ice. Pour in the strawberry purée and add milk and condensed milk, adjusting to your preferred consistency and sweetness. Mix well and serve cold!