

STRAWBERRY MANGO SAGO

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This dessert is like summer in a bowl. Strawberry mango sago is fruity, creamy, refreshing and so hard to stop eating cause it is just so, so good!

Servings: 3-4

Prep Time: 4 hr

Cook Time: 30 min

Ingredients:

Coconut Jelly

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

Strawberry Custard

- 2 cups milk
- 2 tbsp strawberry custard powder (or 1/2 cup strawberries blended into a puree + 2 tbsp cornstarch)
- 2-3 tbsp sugar

Dessert

- 1/2 cup strawberries, chopped
- 1 mango, chopped
- 1 cup coconut jelly, cut into cubes
- 1 cup strawberry custard cubes
- 1/4 cup gond katira (edible tragacanth gum)
- 1/2 cup cooked sago pearls
- 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 strawberry custard which I simply made with strawberry custard powder and milk:

1. In a small bowl, mix the custard powder with 1/4 cup of milk to create a smooth slurry without lumps.
2. In a saucepan, heat the remaining 1 + 3/4 cups of milk over medium heat. Add the sugar and stir until it fully dissolves.
3. Once the milk is hot, whisk in the custard slurry continuously to prevent lumps. Stir constantly and cook till the mixture thickens into a pudding consistency.
4. Pour the thickened custard into a dish and let it cool to room temperature. Cover and refrigerate until fully set (at least 2 hours).
5. Once set, cut the custard into small cubes, about 1 cm each, and gently remove them from the dish.

Alternatively, blend 1/2 cup fresh strawberries into a smooth puree. In a bowl, mix 2 tablespoons cornstarch with a few tablespoons of milk to make a slurry. Heat 2 cups of milk with 2–3 tablespoons sugar and then whisk in the strawberry puree and cornstarch slurry. Cook on low heat, stirring continuously until thickened. Let it cool, then refrigerate until set.

- 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!
- Chop strawberries and mango and now, everything is ready to be mixed in a bowl.
- To a large bowl, add: strawberries, mango, coconut jelly, gond katira, sago pearls, strawberry custard cubes and lots of ice. Pour in the milk and condensed milk, adjusting to your preferred consistency and sweetness. Mix well and serve cold!