

Mango ice-cream loaf



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Preparation: about 30 minutes (+ chilling time)

Serves: 8

2 medium mangoes, peeled and flesh chopped

1 lime, juiced

300ml thickened cream

½ teaspoon vanilla extract

2 eggwhites, at room temperature

A pinch of Cream of Tartar

⅓ cup caster sugar

To serve:

1 mango, flesh sliced

3 passionfruit, pulp removed

1. Line an 8-cup (about 25cm long x 12cm wide) loaf pan with baking paper, leaving a 2cm overlap on the long sides of the pan.
2. Puree mango flesh in a food processor until smooth. Combine pureed mangoes (approx. 1½ cups) and lime juice in a large bowl. In a clean bowl, whip cream and vanilla together until firm peaks form. Set aside.
3. Using electric hand-beaters, whisk eggwhites with cream of tartar in a large bowl until soft peaks form. Gradually beat in sugar. Continue to beat until mixture is very thick and glossy.
4. Gently fold eggwhites and whipped cream into mango mixture until well combined. Spoon into prepared pan. Smooth top, cover with plastic wrap and freeze for 5 hours or until firm. Turn out onto a serving platter. Decorate with sliced mango and drizzle with passionfruit pulp and serve.



Mangoes

- An excellent source of vitamin C which helps the body defend itself against infection.
- A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes). The highest levels are found in mangoes with deep orange-coloured flesh.
- A source of dietary fibre and also potassium. Fibre is important for the digestive system and potassium helps balance the sodium from foods with added salt.

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