

Minty Dainty

- Ysmt Usha Mathew

For the filling

Ginger cut very fine 1 tbsp

Sugar 1 tbsp

Water 2 tbsp

Coconut grated 4 tbsp

Dry fruits (optional) 4 apricots & 1 fig. .

Cashewnuts chopped fine 2 tbsp

First layer

Condensed milk 1/2 ltr.

Milk 1 Cup

Corn Flour 1 tsp

Vanilla 1/2 tsp

Gelatine 1/2 pkt.

Second layer

Condensed milk 1/2 ltr

Water 1 Cup

Gelatine 1/2 pkt.

Crème de menthe 1/2 tsp (optional)

Cream (fresh) (optional)

Mint leaves 1 small bunch .

Prepare the following by heating ginger, sugar and water on medium fire. When it starts thickening add the coconut and mix well till almost dry. Take it off the fire and mix the nuts. Keep aside.

For the first layer soak the gelatine in 1/4 cup of the given milk. Make a paste of the corn flour with little milk. Mix this paste with soaked gelatine, condensed milk and the rest of the milk, and heat on the fire till it forms a thick custard. Take it off the fire and add the vanilla essence when cool.

Mix about the 1/4 of the prepared filling into this and pour this mixture into a wet glass bowl and refrigerate it till set (about an hour).

Meanwhile, prepare the second layer. Pick and wash the mint leaves, grind it in the mixer, strain the juice and keep aside. Soak the gelatine in part of the water, mix it with the rest of the water, condensed milk and heat lightly to dissolve. Cool it and add the mint juice and the crème de menthe.

When the first layer is set well, take it out. Mix the dry fruits with the rest of the filling and arrange it in a layer over the first layer. Then pour the mint mixture over it very carefully and slowly so that the layers are formed well. Set it again in the fridge. When set fully, and before serving decorate it with a little reserved filling or ½ of an apricot or whipped fresh cream and a sprig of small mint leaves.