

## HELADO DE MANGO

### CHUNKY MANGO FROZEN CUSTARD

The *mango* (*Mangifera indica L.*), like so many tropical fruits, is native to southern Asia, particularly Burma and eastern India. It was probably Buddhist monks who carried mango plants with them on pilgrimages to Malaya and eastern Asia in the 4th and 5th centuries BC. By about 1000 AD, Persian traders had introduced mango to the Middle East and eastern Africa. From the 1500s onward, the Asian varieties were carried across the Pacific Ocean along the Spanish trade routes to Central and South America, as well as to Mexico. The ensuing centuries have seen the development of scores of new *mango* cultivars, the most important one in Mexico today being the 'Manila.' Street vendors are seen hawking this *mango* with lime wedges and red *chile* powder. *Mango* is now one of the world's largest tropical fruit crops, yielding about 50% of all such fruits. Mexico alone produces 1.5 million tons annually. Rich in anti-oxidants, B-vitamins, beta-carotene as well as omega 3 and polyunsaturated fatty acids, the *mango* has been called a "super fruit" due to its almost staggering nutritional value.

10 SERVINGS

#### ✧ PREPARE THE ICE CREAM BASE ✧

- **2 pounds (1k) ripe mangos, peeled, seeded and cubed**
- **3 cups (310ml) granulated sugar**
- **1/2 cup (118ml) water**

- **8 egg yolks**
- **4 cups (1 liter) Mexican crema**  
(Substitute: *crème fraîche*, whipping cream or plain yogurt)

**STEP 1 IN A LARGE SAUCEPAN**, combine the *mango*, sugar and water. Simmer over medium heat for 5 minutes. Remove from heat and cool completely.

**STEP 2 IN A BLENDER OR FOOD PROCESSOR** purée half of the mixture until smooth. Pour the mixture into a container and set aside. Process the remaining *mango* mixture in the blender or food processor by pulsing just a few times, in order to leave the mixture chunky. Transfer the chunky mixture into a large glass or metal bowl.

**STEP 3 BEAT THE EGG YOLKS UNTIL PALE YELLOW.** Meanwhile, heat the smooth *mango* purée along with the *crema* in a large saucepan, bringing it slowly to a gentle boil. Beating or whisking the egg yolks constantly, slowly stream one ladle full of the hot *crema* mixture into the yolks. Continue beating to avoid cooking the eggs. Repeat two times. In a similar fashion, slowly stream the egg/*crema* mixture into the hot mixture in the saucepan, whisking continually to avoid scrambling the eggs. Stir occasionally as you continue to cook the mixture for about 10 minutes or until it reads 180° F (82°C) on a candy thermometer. DO NOT ALLOW TO BOIL or the eggs may scramble.

#### ✧ FREEZE ✧

**STEP 4 REMOVE FROM HEAT.** Pour the *mango/crema*/egg mixture into the bowl containing the chunky *mango* mixture. Cover and refrigerate at least three hours or preferably overnight.

**STEP 5 POUR THE MANGO ICE CREAM BASE** into the bowl of an electric ice cream freezer, and freeze according to the manufacturer's directions.