

Miele

Mango ice cream terrine with coconut wafers

By Miele

2 hours 40 minutes, plus refrigeration time

Preparation Time

45 minutes

Cooking Time

8 serves

Serves



INGREDIENTS

Mango ice cream terrine

165 g ($\frac{3}{4}$ cup) caster sugar
6 egg yolks
250 ml (1 cup) milk
500 ml (2 cups) cream
 $\frac{1}{2}$ tsp vanilla paste
Pinch salt flakes
150 g ($\frac{1}{2}$ cup) mango pulp
1 tsp lime juice

Coconut wafers

50 g (? cup) plain flour
280 g (1 $\frac{3}{4}$ cups) icing sugar
90 g (1 cup) desiccated coconut
 $\frac{1}{4}$ tsp salt flakes
6 egg whites
1 tsp vanilla paste
100 g butter, melted and cooled

To serve

1 mango, thinly sliced
50 g coconut flakes, toasted
125 g raspberries

METHOD

Mango ice cream terrine

1. In a large mixing bowl combine the sugar, egg yolks, milk, cream, vanilla, and salt. Whisk well to combine.
2. Pour mixture into an unperforated steam tray. Cover with foil. Place into the steam oven and Steam at 85°C for 30 minutes.
3. Whisk the cooked mixture and strain through a sieve into a bowl. Cover and refrigerate for 2 hours until cold.
4. Spray a 1-litre terrine tin or loaf cake tin with oil spray and line with 2 layers of cling wrap. Place in the freezer until required.
5. Blend or puree the mango and lime juice together until smooth.
6. Churn the ice cream first in an ice cream maker (following the instructions). Remove half and spread in the prepared pan. Mix the remainder of the ice cream with the mango puree and spread onto the ice cream in the pan.

Coconut wafers

1. Sift the flour and then the icing sugar in a bowl. Add the desiccated coconut and salt, mix well.
2. Stir in the egg whites and vanilla until combined. Add in the melted butter and mix well.
3. Preheat the oven on Fan Plus at 160°C.
4. Line two baking trays with reusable silicon mats or baking paper.
5. Spoon 8 teaspoons of mix onto the trays. Spread each spoonful out into a 5 cm circle with the back of the spoon.
Allow plenty of room to spread. Place the trays on shelf levels 2 and 4 and bake for 12 minutes or until golden brown. Continue with remaining mixture.
6. Allow to cool on the trays. They can be folded over a rolling pin whilst still soft, to create a curved wafer.

To serve

1. Slice the ice cream terrine and serve with mango slices, coconut flakes, raspberries and coconut wafers.

Hints and tips

- Step 2 of the ice cream terrine can be cooked using induction; place the mixture into a saucepan on medium heat, induction setting 6 and stir with a wooden spoon until the mix thickens and reaches a temperature of 85°C.
- Wafers can be stored in an airtight container for up to 2 weeks.
- Toast the coconut flakes in the oven on Fan Plus at 150°C for 10 minutes.