

Mango Lassi Parfait

A mango lassi is an Indian yogurt-based beverage featuring fresh mangoes. This recipe uses the drink as inspiration to create a light dessert with a fun presentation.

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| YIELD 6 SERVINGS | PREP TIME 20 MIN | TOTAL TIME 40 MIN |
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INGREDIENTS

For the Macerated Mango:

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| 2 each | Mangoes, diced |
| 2 Tbsp | Powdered Sugar |
| 1 tsp | Vanilla Extract |
| ½ tsp | Cardamom, ground |

For the Yogurt Whipped Cream:

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|--------|-----------------------------|
| 1 cup | Heavy Cream |
| 2 Tbsp | Powdered Sugar |
| 1 tsp | Vanilla Extract |
| 1 cup | Greek Yogurt, plain, nonfat |

For the Parfait Assembly:

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|--------|---------------------|
| 2 Tbsp | Pistachios, chopped |
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CHEF'S NOTES

Macerating fresh fruit allows fruits to soften and release their natural juices to create a light syrup. It can be done quickly with just a little sugar, but you can also use fruit juice, wine, or liquor for added flavor.

Cardamom and pistachio are a classic flavor pairing for this dessert, but you could also flavor your macerated mango with rosewater, saffron, or coconut.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Make the macerated mango: In a medium bowl, combine the diced mango, powdered sugar, vanilla, and cardamom and stir to combine. Allow to rest in the refrigerator for about 20 minutes.
3. Make the yogurt whipped cream: In a large bowl, whip the heavy cream with an electric mixer or by hand, using a whisk. Once soft peaks have formed, whisk in the sugar and vanilla.
4. In a separate medium bowl, whisk the yogurt to add air and make it lighter and fluffier. Gently fold the lightened yogurt into the whipped cream bowl, just until combined. Set aside.
5. Assemble the parfaits: Using 6 - 8oz. jars or glasses, place about 2 Tbsp of the mango mixture then top with about 2 Tbsp whipped cream in each jar. Repeat this process to result in two layers of each element. Top each parfait with about 1 tsp of chopped pistachio. Store the parfaits in the refrigerator to chill before serving.

Nutrition Facts

6 servings per container

Serving size

1/4 cup mango + 1/4 cup cream + 1 tsp nuts (199g)

Amount Per Serving

Calories **260**

% Daily Value*

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|-------------------------------|------------|
| Total Fat 16g | 21% |
| Saturated Fat 9g | 45% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 45mg | 15% |
| Sodium 25mg | 1% |
| Total Carbohydrate 25g | 9% |
| Dietary Fiber 2g | 7% |
| Total Sugars 23g | |
| Includes 5g Added Sugars | 10% |
| Protein 6g | 12% |
| Vitamin D 0.6mcg | 4% |
| Calcium 90mg | 6% |
| Iron 0.3mg | 2% |
| Potassium 320mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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