

# Coconut sago with sous-vide mango

By Miele

**24 hours**

Preparation Time

**1 hour 30 minutes**

Cooking Time

**10-12 serves**

Serves



## INGREDIENTS

### Sous-vide mango

- 1 mango, peeled, sliced 5 mm thick
- 100 g caster sugar
- 100 ml water
- 2 star anise
- 1 tbs pink peppercorns

### Coconut and ginger sago

- 300 g sago pearls
- 400 ml coconut milk
- 750 ml water
- 75 g caster sugar
- 3 tbs ginger, finely grated

### Coconut crumble

- 40 g plain flour
- 1 tsp ground cinnamon
- 60 g butter, chopped
- 2 tbs brown sugar
- 4 tbs rolled oats
- 70 g shredded coconut

### Lemongrass and turmeric ice-cream

- 2 tsp turmeric powder
- 4 lemongrass stalks, white part only, bruised
- 250 ml milk
- 250 ml cream
- 100 g caster sugar
- 2 tbs glucose
- 6 egg yolks

### To serve

- Micro lemon balm

## METHOD

### Sous-vide mango

1. Place the sugar into a small saucepan and dissolve on a medium heat, induction setting 6. Once the sugar has dissolved, add the water and continue to cook until it turns a light caramel colour.
2. Remove from the heat and set aside to cool.
3. Place mango into a large vacuum sealing bag and pour the cooled caramel syrup into the bag. Add the star anise and pink peppercorns.
4. Place into the vacuum sealing drawer on Vacuum setting 3 and Seal on setting 3.
5. Place the sealed bag on a wire rack in the steam oven and Sous-vide at 65°C for 35 minutes.
6. Pour liquid into a saucepan and simmer on high heat, induction setting 7 until reduced by half. Reserve the sauce for serving.

## **Coconut and ginger sago**

1. Place sago in a medium sized bowl and cover with boiling water. Stir with a fork and leave to sit for 10 minutes.
2. Strain sago and rinse to remove some of the starch.
3. Place the sago into an unperforated steam container and cover with 750 ml water. Steam at 100°C for 5 minutes.
4. Strain cooked sago and rinse thoroughly for a second time.
5. Return sago to the unperforated steam container, add coconut milk, sugar and ginger and stir to combine. Steam at 100°C for 8 minutes.
6. Divide the sago mixture between 10 greased metal rings, approximately 7 cm x 3 cm. Press gently to form a compact disc. Cover and refrigerate overnight. Remove from the refrigerator a few hours prior to serving.

## **Coconut crumble**

1. Combine flour and cinnamon in a bowl. Rub in butter until it resembles breadcrumbs. Stir in brown sugar, oats and coconut.
2. Place crumble mixture onto a baking tray, place in the oven on shelf position 3 and bake on Fan Plus at 180°C for 10 minutes.
3. Check crumble after 10 minutes. Using a fork, break the mixture apart and return to the oven for a further 5-10 minutes until golden and crisp. Cool at room temperature.

## **Lemongrass and turmeric ice-cream**

1. Place cream, milk and lemongrass into an unperforated steam container. Steam at 100°C for 5 minutes. Cool in the refrigerator to infuse overnight.
2. Remove lemongrass stalks from the cream mixture and discard. Add sugar to the infused milk and cover with a lid. Steam at 100°C for 2 minutes.
3. In a medium size bowl, whisk together egg yolks, glucose and turmeric.
4. Remove cream mixture from the steam oven and pour over egg mixture, whisking constantly until combined.
5. Pour back into the unperforated steam container and Steam at 85°C for 10 minutes. Remove from the oven and whisk again before returning to Steam at 85°C for a further 15 minutes.
6. Pour immediately into a bowl over an ice bath and stir until cool. Once cool, pour into an unperforated steam container. Cover with a sheet of baking paper and place flush against the ice-cream. Place in freezer for 4 hours.
7. Remove from the freezer and blitz in a food processor to make the ice-cream creamy. Return mixture to the freezer.

## **To serve**

1. Remove the moulds from the sago puddings and place onto individual plates. Top sago with mango and spoon over reserved syrup.
2. Sprinkle crumble mixture onto the plate and top with a quenelle of ice-cream. Garnish with lemon balm.

## **Hints and tips**

- Sago is a starch extracted from various tropical plants.
- Leftover sago pudding will keep refrigerated for up to one week.