

"Give me
a Mandy
Mum!"



AUSSIE MANDARIN SEMIFREDDO

SERVES 4

INGREDIENTS

- 1 Aussie Mandarin (seeded and chopped)
- 1 Aussie Mandarin seeded
- 300ml low fat natural yoghurt (if you prefer it a bit sweeter, use flavoured yoghurt)
- 8 ready-made meringue nests, crushed
- ¼ cup fresh Aussie Mandarin juice

SAUCE

Segments of 1 Aussie Mandarin
(seeded and chopped)

- 200mls Aussie Mandarin juice
- 2 tsp caster sugar

METHOD

Place crushed meringues in a large bowl. Add the Aussie Mandarin juice, chopped Aussie Mandarin and yoghurt and stir well. Fill mould or ramekin to halfway, place Aussie Mandarin segments around the edge of the mould. Fill, then smooth the top with a clean knife to remove air pockets. Place in freezer for 2 hours until firm.

SAUCE

Place the Aussie Mandarin segments, Aussie Mandarin juice and sugar in a saucepan. Bring to the boil, reduce heat to medium and continue cooking until syrup thickens.

Strain, pour into a small bowl (discard the pulp) and leave to cool.

When ready to serve, dip the mould or ramekin dish in hot water for 2-3 seconds until they start to loosen.

PLATING

Turn upside down onto a serving plate. Spoon a little sauce over and around the semifreddo and garnish with segments of Aussie Mandarin pieces.

Sprinkle sugar sand across the plate and carefully place a sugar stick across the plate.

Semifreddo means any chilled or partly frozen dessert, possibly containing sponge cake, cream and fruit.



Aussie Mandarins