



Super Starches that thicken- Sweet Recipes

Vanilla Blancmange with Fruit

- 1 heaped tablespoon of Corn Flour
- 300ml of Semi Skimmed Milk
- 20g of Sugar
- 1/2 teaspoon of Vanilla Essence
- 8 grams of butter
- Fruit of your Choice
- e.g. 150g of Raspberries

Method

1. Blend the Corn flour into a smooth paste with a little of the milk.
2. Warm the remaining milk in a saucepan and then combine it with corn flour paste.
3. Return the saucepan to the heat.
4. Stir the mixture all of the time until it starts to boil and thickens.
5. Stir in the sugar, butter, and vanilla essence, and simmer for 3 mins.
6. Put your prepared fruit into your jelly mould, or dish.
7. Pour your mixture over the top of the fruit.
8. Put it into the fridge until cold and firm.
9. Turn the dessert out onto a plate, or decorate the top with fruit and serve from the dish.

You may like to use 1 tablespoon of honey to replace the sugar or to add 1 teaspoon of coffee powder to the warm milk for a different flavour. Perhaps you can come up with other ideas of your own.

Chocolate Orange Blancmange

- 1 heaped tablespoon of Corn Flour
- 1 heaped tablespoon of Cocoa Powder
- 300ml of Semi Skimmed Milk
- 30g of Sugar
- 8 grams of butter
- 1 large Orange

Method

1. Grate the zest from the orange. Cut off the rest of the peel and pith. Cut the flesh into slices. Make sure all the pips are taken out.
2. Blend the Corn flour and Cocoa powder into a smooth paste with a little of the milk.
3. Warm the remaining milk in a saucepan and then combine it with corn flour and Cocoa paste.
4. Return the saucepan to the heat.
5. Stir the mixture all of the time until it starts to boil and thickens.
6. Stir in the sugar, butter, and orange zest, and simmer for 3 mins.
7. Pour the mixture into your jelly mould, or dish.
8. Allow to set a little, then top the dessert with the orange slices.
9. Put it into the fridge until cold and firm.
10. Turn the dessert out onto a plate.

You may like to use tinned Satsuma in juice, or use another type of fruit. You could also try to make a Chocó-mint blancmange.

St Clements Blancmange

- 1 heaped tablespoon of Corn Flour
- 300ml of Pure Orange Juice
- 20g of Sugar (optional)
- The zest from 1 lemon and 1 Orange.

Method

1. Grate the zest from the orange and lemon
2. Blend the Corn flour into a smooth paste with a little of the orange juice.
3. Warm the remaining orange juice in a saucepan and then combine it with corn flour paste.
4. Return the saucepan to the heat.
5. Stir the mixture all of the time until it starts to boil and thickens.
6. Stir in the sugar, orange and lemon zest, and then simmer for 3 mins.
7. Pour the mixture into your jelly mould, or dish.
8. Put it into the fridge until cold and firm.
9. Turn the dessert out onto a plate or decorate the top with fruit.

You may like to use a different type of fruit juice. You could also add fresh, tinned, or frozen fruit .

