Fake Fried Egg Dessert (Milk Pudding & Mango Curd)



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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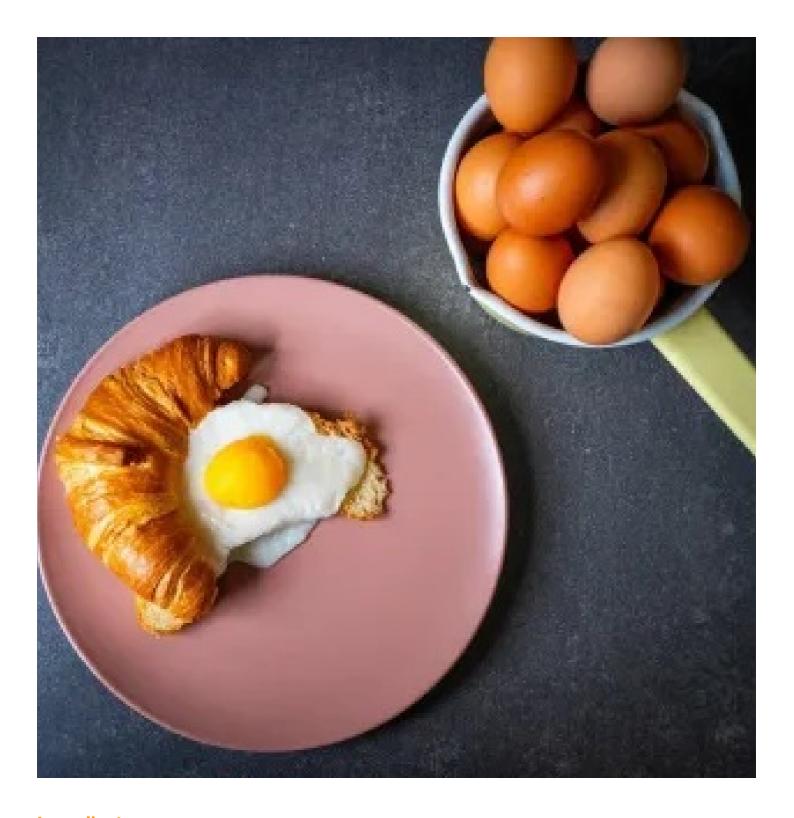
Categories: Quick & Easy, Desserts, Entertaining, Vegetarian, Kid Friendly

Imagine everyone's surprise when they stick their fork into this one!

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In this deceptively delightful dessert, MasterChef alum, <u>Hoda Hannaway</u> plays with perception to create fried eggs that look just like the real thing! Milk pudding moonlights as egg whites and mango curd pretends to be a bright egg yolk. The facade seems even more real once you add a croissant to the mix!



Ingredients

For the "Egg white" - Milk Pudding

- 1 cup Milk
- 1 Tbsp sugar
- ½ tsp vanilla paste
- 2 Tbsp gluten-free cornflour mixed with 2 Tbsp water to make a slurry

For the Mango Curd

- 75g salted butter*
- 3 large eggs

- 75g Caster Sugar
- 250 mL mango puree (mixed with a tsp lime juice)
- ¼ cup gluten-free cornflour mixed with 2 Tbsp water to make a slurry

To serve

• Croissant or French toast (or slice of vanilla cake)

Method

- 1. To make the milk pudding, mix all the ingredients in a medium saucepan and bring to a gentle simmer over medium heat, stirring regularly.
- 2. Once simmering, whisk in the cornflour slurry and cook for a further 10 minutes or until the cornflour has been completely cooked and a thick custard-like consistency is reached.
- 3. Spread milk pudding mixture onto baking paper making 4 'puddle-like' shapes. Place into the fridge to set.
- 4. Meanwhile, move on to making the "Egg Yolk" part. Start by melting the butter into a medium saucepan over medium heat. Don't overheat. Once melted, add the rest of the ingredients and whisk over medium heat until a thick custard-like consistency is achieved.
- 5. Strain mango curd through a fine sieve and fill 4 egg cups** ¼ of the way full. Place in the fridge to set.
- 6. To serve, peel the "Egg white" part off the baking paper and carefully place it onto your choice of vessel. De-mould the "Egg yolk" part and carefully place it in the middle of the egg white. Now go right ahead and start fooling your family!

Notes

- * We use salted butter in this recipe, but you can use unsalted, adding as much or as little as you like.
- ** We use egg cups here but you can use any type of mould that will achieve the same look.