



Name of the recipe: Three milk dessert

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Make sure you have everything you need and place them on your kitchen counter. This is called “mise en place” (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something.

Ingredients:

1. 1 tin evaporated milk
2. 1 tin condensed milk
3. 1 tin or carton wholecream 200 cc.
4. 1 tbsp. unflavored gelatine (10 grs)
5. 1 tin canned fruit or fruit pulp of your choice

Optional:

1. Sugar to prepare a syrup to decorate

To prepare:

1. Beat all dairy products together in the beater or liquidizer, dissolve the gelatine in some of the juice of the fruit of your choice, add to the mixture;
2. Incorporate the fruit to the mixture;
3. Pour into individual containers, a large bowl or dish to refrigerate;
4. Place in fridge for at least 4 hours or until it sets completely.
5. When serving, decorate with the sliced fruit or pour the syrup over it.

Yummy!

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