

HOT MANGO PANCAKE SOUFFLÉS



METHOD

Preheat oven to 240°C

Remove all flesh from the mangoes and dice enough to fill 3tbsp into small cubes.

Puree the rest using a liquidiser.

Pour the puree into a pan and simmer gently. Mix the cornflour with the Grand Marnier and add to the mango. Cook for 10 minutes. Stirring often to prevent burning.

Boil the sugar and a little water together for 5 minutes until syrupy. Add this to the mango puree and allow to cool. Whisk the whites with the sugar to peaks. Add a little of the whites to the mango and beat well. Then gently fold in the remaining whites along with the diced mango very carefully.

Spoon some mixture into the centre of each pancake and fold it over. Bake in the oven for 4-5 minutes until risen. Serve immediately with ice cream and another splash of Grand Marnier.

CANNON
THE ART OF COOKING

INGREDIENTS

PANCAKES

100g flour
2tbsp sugar
Pinch salt
1 egg
½ pint milk

SOUFFLÉ BASE

4 large mangoes
1tbsp cornflour
Good splash Grand Marnier
100g sugar
Little water
3 egg whites
1tbsp sugar