



Sparkling Fruit Terrene



NOUN

Ingredients

You will need a total of approx. 2 cups of chopped fruits. Chef Elias recommends using the following fruits:

- 1 punnet of strawberries
- 1 large banana
- 1 peeled mango
- 6 blueberries
- 6 raspberries
- ½ apple
- 5 ice cubes
- 6 gelatine sheets
- 500ml sparkling water
- 250gms of Mascarpone cheese
- 2 tbsp. of whipping cream.

Instructions

- **How to prepare the gelatine:**
 - ▶ Put gelatine sheets in a bowl, cover with water and add ice cubes.
 - ▶ Leave for 5 minutes until they turn soft.
 - ▶ In a small saucepan, heat small amount of the sparkling water until it begins to simmer.
 - ▶ Gently, squeeze the gelatine and add it to the warm sparkling water.
 - ▶ Whisk gently until gelatine has dissolved completely.
 - ▶ Remove it from the heat and then add the remaining sparkling water.
 - ▶ Pour this liquid into a jug to be poured over the fruits.
- **How to prepare the fruits::**
 - ▶ Take a medium-sized loaf tin and line it with 3 layers of plastic wrap to be able to cover all the sides.
 - ▶ Peel and cut all the fruits into bite size pieces, except for the blueberries and raspberries.
 - ▶ Gently mix the fruits together in a large bowl, to avoid getting bruised.
 - ▶ Place the fruits into the plastic wrap coated loaf tin you can arrange them one by one.



ST REGIS
DOHA

سانت ريجيس - دوحه

www.jeemtv.net
© Al Jazeera Children's Channel 2013.



Sparkling Fruit Terrine



NOUN

- ▶ Arrange the bottom layer with the smallest, prettiest-shaped fruit first as this will be on top when the terrine is turned out.
- ▶ Continue to fill the loaf tin with cut fruits until 5cm before the top of the pan.
- ▶ Pour the entire liquid over the fruits.
- ▶ Now lay a sheet of cling film over the terrine and put it in the fridge for approximately 1 hour.

● How to order it:

- ▶ To make the Mascarpone cheese topping, mix the cheese with the whipping cream and vanilla extract or fresh vanilla if available.
- ▶ When you are ready to serve, turn out the terrine on to a plate, and cut it into slices
- ▶ Serve the plate with the mixture of Mascarpone cheese and vanilla or ice cream.
- ▶ You can also sprinkle with some fresh mint and few pieces of strawberry.

Enjoy!



ST REGIS
DOHA

سانت ريجيس - دوحه