



## East Indian Fruit Cakes + Cardamom Fruity Frosting + Fruity Indian Yogurt "Lassi"

By Erin Fletter

**Prep Time 40 / Cook Time 20 / Serves 4 - 6**

### Shopping List

Fresh:

3 to 4 small fresh ripe mangoes (or 1 1/2 to 2 C frozen, thawed mango chunks) **\*\*(for MANGO ALLERGY sub pineapple chunks)\*\***

1 ripe banana

1 small golden beet (or small red beet or small carrot)

Pantry:

1/2 C sugar

1 1/2 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free flour + 2 T or more butter or oil)\*\***

1 tsp baking powder

1 tsp baking soda

1/2 tsp salt

2 heaping tsp powdered sugar

3 T honey

2 pinches ground cardamom (or 1/8 tsp pumpkin pie spice)

Dairy:

1/4 C grated butter + extra for greasing **\*\*(for DAIRY ALLERGY sub olive or grapeseed oil)\*\***

1 1/2 C plain yogurt **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt or coconut milk/cream)\*\***

Have on hand:

- 1/4 C ice
- 1/4 C cold water

## Fun-Da-Mentals Kitchen Skills

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**purée:** to blend, grind, or mash food until it is thick, smooth, and closer to a liquid.

**slice:** to cut into thin pieces using a sawing motion with your knife.

**wet vs dry:** to mix wet and dry ingredients separately before combining them: dry ingredients are flours, leavening agents, salt, and spices; wet ingredients are those that dissolve or can be dissolved (sugar, eggs, butter, oils, honey, vanilla, milk, and juices).

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**purée:** to blend, grind, or mash food until it is thick, smooth, and closer to a liquid.

**slice:** to cut into thin pieces using a sawing motion with your knife.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

## Equipment

- Knife
- Cutting board
- Blender (or pitcher + immersion blender)
- Measuring spoons
- Liquid measuring cup
- Oven
- Muffin pan
- Grater

- Mixing bowls
- Dry measuring cups
- Toothpicks
- Small mixing bowl
- Whisk or wooden spoon

## Ingredients

### Mouth-Watering East Indian Fruit Cakes

- 1/2 fresh ripe mango (or 1/4 C frozen, thawed mango chunks) **\*\* (for MANGO ALLERGY sub pineapple chunks)\*\***
- 1 golden yellow beet, peeled
- 1 ripe banana
- 1/4 C melted butter + extra for greasing **\*\* (for DAIRY ALLERGY sub olive or grapeseed oil)\*\***
- 1/2 C sugar
- 1/2 C plain yogurt **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt or coconut milk/cream)\*\***
- 1 1/2 C all-purpose flour **\*\* (for GLUTEN ALLERGY sub gluten-free flour + 2 T or more butter or oil)\*\***
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt

### Cardamom Fruity Frosting

- 1/2 to 1 fresh ripe mango (or 1/4 to 1/2 C frozen, thawed mango chunks) **\*\* (for MANGO ALLERGY sub pineapple chunks)\*\***
- 2 heaping tsp powdered sugar
- 2 pinches ground cardamom

### Fruity Indian Yogurt “Lassi”

- 2 fresh ripe mangoes (or 1 C frozen mango chunks) **\*\* (for MANGO ALLERGY sub pineapple chunks)\*\***
- 3 T honey
- 2 C plain yogurt **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt or coconut milk/cream)\*\***
- 1/4 C ice

□ 1/4 C cold water

## Food Allergen Substitutions

### Mouth-Watering East Indian Fruit Cakes

**Mango:** Substitute pineapple chunks for mango.

**Dairy:** Substitute dairy-free/nut-free yogurt or coconut milk/cream for plain yogurt.

**Gluten/Wheat:** Substitute gluten-free flour for all-purpose flour.

### Cardamom Fruity Frosting

**Mango:** Substitute pineapple chunks for mango in Frosting.

### Fruity Indian Yogurt “Lassi”

**Mango:** Substitute pineapple chunks for mango in Lassi.

**Dairy:** Substitute dairy-free/nut-free yogurt or coconut milk/cream for plain yogurt in Lassi.

## Instructions

### Mouth-Watering East Indian Fruit Cakes

preheat + slice + purée + grate

Preheat the oven to 350 F. Grease a muffin pan with butter. Adults, slice **2 mangoes** on both sides of the center pit, then score the flesh, pop out the chunks of mango, and slice them away from the skin. (There are online videos that show how to do this.). Purée mango chunks in a blender until very smooth. Measure **1/4 cup of the purée** for the cakes, saving the rest for the Cardamom Fruity Frosting. Next, grate **1 peeled golden beet**.

peel + mash + measure + combine

Peel **1 ripe banana** and mash well. Then measure and combine mashed banana with mango purée, grated beet, **1/4 cup butter**, **1/2 cup sugar**, and **1/2 cup yogurt** in a mixing bowl. Into a separate mixing bowl, measure and combine **1 1/2 cups flour**, **1 teaspoon baking powder**, **1 teaspoon baking soda**, and **1/2 teaspoon salt**. Whisk both dry and wet ingredients well, then add the dry to the wet and combine until all the flour disappears!

divide + bake + cool + frost

Divide cake batter into the muffin pan. Bake until cakes are very golden brown, 15 to 20 minutes, or until

an inserted toothpick comes out clean. Remove from the oven and let cool before topping with Mango Cardamom Fruity Frosting!

## Cardamom Fruity Frosting

measure + combine + mix + frost

Measure and combine **1/4 to 1/2 cup of the mango purée, 2 heaping teaspoons powdered sugar,** and **2 pinches cardamom.** Mix! Use this to frost the cooled Fruit Cakes!

## Fruity Indian Yogurt “Lassi”

slice + measure

Slice **2 mangoes** on both sides of the center pit, then score the flesh, pop out the chunks of mango, and slice them away from the skin (a job for adults!). Add mango to a blender. Measure and add **3 tablespoons honey, 2 cups yogurt, 1/4 cup ice,** and **1/4 cup cold water** to the blender.

purée + pour

Purée until the lassi is very smooth! Add more water bit by bit until the lassi is thin enough to pour. Divide into cups and enjoy!

## Featured Ingredient: Mango!

Hi! I'm Mango!

"Namaste! I'm a mango and a native of India. Did you know that the Indian people revere me! I'm a symbol of love and prosperity and have even had poems written about me! Usually, you don't expect a fruit to be a staple, but in India, they add me to every type of dish, including drinks, like lassi. So if someone shares a mango with you, not only do they want you to enjoy a delicious fruit, they also want to be your friend!"

### History

Mangoes were cultivated in India over 5,000 years ago! They are the national fruit of India, Pakistan, and the Philippines, and the mango tree is the national tree of Bangladesh.

Mangoes have been grown in South Asia for thousands of years and reached Southeast Asia between the 5th and 4th centuries BCE. They were introduced to the world by Buddhist monks in the 5th Century BCE! Mango seeds made their way to other parts of the world with people from Asia around 300 or 400 CE. Almost half of the world's mangoes are cultivated in India, and China is the second-highest producer. Mangoes sold in the United States mostly come from Mexico and other Central and South American countries.

There are over 500 hundred varieties of mangoes, and possibly 1,000! The majority of mango species exist as wild mangoes.

In India, mangoes are considered sacred, and giving a basket of mangoes is a gesture of friendship.

## Anatomy & Etymology

A mango tree can grow taller than 100 feet! Plus, it can give fruit for up to 50 years!

The leaves of a mango tree start out pink, but when it matures, the leaves reach a deep, evergreen color.

Mango fruit can take three to five months to grow and ripen, usually during summer. However, newer commercial growing methods now allow plants to flower and produce fruit year-round.

The mango is an oblong stone fruit with thick, fibrous skin and juicy, soft flesh. Its shape inspired the paisley print!

The word "mango" came from the Portuguese, "manga," from the Malay "mangga," and possibly from the Tamil "mankani" (MAN-kanee).

## How to Pick, Buy, & Eat

You can begin harvesting mango fruit when it has been about three to four months after the plant has stopped flowering. When the fruit starts growing, they will be dark green. The skin color will change as they ripen and begin to soften. If you see that mangoes have started to fall on the ground, it's time, and possibly past time, to start picking them.

Mangoes taste best when they get closer to ripeness on the tree, although they are often picked when green and then ripen in the store or on the kitchen counter.

When choosing a mango, color is less important than feel. Gently squeeze the mango, and if it gives a little, it is ready to use. Also, if there is a fruity scent at a stem end, it's most likely ripe.

Mangoes are usually eaten when ripe; however, unripe, green mangoes are also beloved and eaten widely in chutneys, pickles, side dishes, and even raw with salt and chili powder.

Mangoes have natural tenderizing properties, making them a perfect ingredient for marinades.

Mangoes are super versatile! Try them in smoothies, salads, salsas, chutneys, cheesecake, or just plain as a tasty and refreshing snack. There's even such a thing as Mango Egnog!

## Nutrition

Vitamin C! Mango boasts an impressive amount of vitamin C. Just one cup of raw mango contains 100 percent of our daily value! Vitamin C protects the smallest living things in the body—our cells—from harmful chemicals. It also strengthens our immune system to help keep us from getting sick and aids in our healing when we are injured or come down with a cold.

Folate! Mango contains 20 percent of the daily value of folate our bodies need to divide cells in half. This process helps you to grow!

The yellow-orange pigment of a ripe mango is due to its beta-carotene content. Beta-carotene acts as an

antioxidant in the body to rid extra free radicals and protect cells from oxidative stress. Beta-carotene turns into vitamin A, which protects the eyes!

## How to Peel a Mango

Mangoes are usually peeled before eating, but not always! They also have a thin, flat, oblong-shaped pit that can be challenging to remove the first time you try. The pit is the hard seed inside the mango that runs directly below the stem.

To cut around the pit, find the stem of the mango, move the knife to one side of it, and slice down the mango lengthwise. Then, do the same thing on the other side of the stem.

Next, to cut out the delicious mango flesh, hold one side of the mango in the palm of your hand, skin-side down. Using a sharp knife, score the flesh in one direction, then the opposite direction. Bend the mango so that the cubes you've scored "pop" up. Use your knife to carefully slice off each of these cubes close to the mango peel.

Finally, you can either pop the cubes into your mouth, or add them to a sweet or savory dish!