



20th ANNIVERSARY
1992 - 2012

Mango and Sweet Plantain on Vanilla Stick and Saffron Sauce



Ingredients (Serving 4)

White Toque

Description	Item code
12 oz Sweet Plantains	40819
12 oz Mango Chunks Grade A	61901
Echire Unsalted Butter	59250

At your local supermarket

Description
Olive Oil
4 Vanilla Beans
8 oz Milk
1.7 oz Sugar
3 Egg Yolk
Saffron

Cooking directions

- 1- Cut the vanilla beans in half length wise. Remove the vanilla seeds that you set aside for the sauce. Dry the vanilla beans in the oven at 150°F for one hour.
- 2- Cut the plantains in 6 to 8 pieces and put them on the vanilla stick alternatively with the mango chunks.
- 3- Bring the milk to boil with some of the vanilla seeds. Mix the egg yolk and sugar with a whisk, and pour over the milk. Cook on the stove until creamy texture but do not boil. Infuse few saffron pistil and cool down.
- 4- In a fry pan, sauté the fruit brochette on each side with some butter.
- 5- Place two brochettes on a plate and the saffron sauce around.