



Millet and mascarpone dessert

A most delicate dessert – to die for!

Makes 4 – 6

Preparation: 10 minutes plus 3 hours to cool



Chef's tips

* agar-agar is a natural product derived from seaweed; it has no flavour of its own and is used instead of gelatine for thickening and to make jelly. NB: always mix the powder and water into a paste; never mix straight with cream as this will cause it to lose its gelling ability.

If you haven't got the little moulds, tea cups, yogurt cups or even small terrine moulds can be used instead.

For those on a low-fat diet: replace the mascarpone with quark.

Millet is good for your skin, hair and nails. Zwicky golden millet is millet that has been hulled and polished and, with a special method, has had its bitter constituents removed.

Preparation

400 ml	milk	
1	pinch salt	
60 g	Demerara sugar	
1	drop vanilla essence	
80 g	Zwicky organic millet flakes	place all the ingredients into a saucepan and bring to the boil while constantly stirring
½ tsp	agar-agar*	
2-3 tblsp	water	dissolve the agar-agar in the water and add to the milk, simmer for 4 – 5 minutes while constantly stirring, remove from heat and allow to cool
250 g	mascarpone	mix into the cooled-down mixture, fill into moulds (rinse these with cold water first) and refrigerate for 3 hours
500 g	strawberries, sliced	with a knife, carefully loosen the desserts from the mould, turn over on to a plate, decorate with the strawberries