



# Mango Mousse



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## Introduction

Eid is a time of celebration and joy, marked by gatherings with family and friends. One of the highlights of this festive occasion is the delicious array of desserts that are often shared. If you are looking for some simple yet delightful dessert ideas to make this Eid memorable, here are six easy recipes that will surely impress your guests.

## Detailed Ingredients with measures

### 1. \*\*Gulab Jamun\*\*

- 1 cup khoya (milk solid)
- $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{4}$  teaspoon baking soda
- Oil for frying
- 1 cup sugar
- 1 cup water
- 1 teaspoon rose water

### 2. \*\*Kheer\*\*

- 1 cup basmati rice
- 1-liter full-fat milk
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  teaspoon cardamom powder
- Chopped nuts (almonds and pistachios) for garnishing

### 3. \*\*Sooji Halwa\*\*

- 1 cup semolina
- $\frac{1}{2}$  cup ghee
- 1 cup sugar

- 2 cups water
- $\frac{1}{4}$  teaspoon cardamom powder
- Chopped nuts for garnishing

#### 4. \*\*Baklava\*\*

- 1 pack phyllo pastry
- 2 cups mixed nuts (walnuts, pistachios)
- $\frac{1}{2}$  cup melted butter
- 1 cup sugar
- 1 cup water
- 1 teaspoon vanilla extract

#### 5. \*\*Fruit Chaat\*\*

- 2 apples, diced
- 2 bananas, sliced
- 1 orange, segmented
- 1 cup grapes
- 1 tablespoon chaat masala
- Juice of 1 lemon

#### 6. \*\*Mini Cheesecakes\*\*

- 1 cup cream cheese
- $\frac{1}{2}$  cup sugar
- 1 teaspoon vanilla extract
- 1 cup crushed digestive biscuits
- $\frac{1}{4}$  cup melted butter
- Fresh fruits for topping

## Prep Time

The preparation time varies based on the dessert. Generally, it ranges from 15 minutes to 1 hour, depending on the complexity of the recipe.

## Cook Time, Total Time, Yield

### - \*\*Gulab Jamun\*\*

Cook Time: 20 minutes

Total Time: 50 minutes

Yield: Approximately 20 pieces

### - \*\*Kheer\*\*

Cook Time: 30 minutes

Total Time: 45 minutes

Yield: 4 servings

### - \*\*Sooji Halwa\*\*

Cook Time: 15 minutes

Total Time: 30 minutes

Yield: 4 servings

### - \*\*Baklava\*\*

Cook Time: 30 minutes

Total Time: 1 hour

Yield: 12 pieces

### - \*\*Fruit Chaat\*\*

Cook Time: None

Total Time: 10 minutes

Yield: 4 servings

See also Eggless White Forest Cake

### - \*\*Mini Cheesecakes\*\*

Cook Time: None

Total Time: 30 minutes (plus setting time)

Yield: 6 mini cheesecakes

These easy desserts are perfect for Eid celebrations, allowing you to enjoy sweet moments with your loved ones.



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# Detailed Directions and Instructions

### 1. No-Bake Coconut Ladoo

- In a mixing bowl, combine desiccated coconut, condensed milk, and cardamom powder.
- Mix the ingredients thoroughly until well combined.
- Take small portions of the mixture and roll them into balls.
- Roll the balls in extra desiccated coconut for coating.
- Refrigerate the ladoos for about 30 minutes before serving.

### 2. Chocolate Truffles

- Melt dark chocolate in a heatproof bowl over a pot of simmering water.
- Allow the melted chocolate to cool slightly, then mix in cream and vanilla extract.
- Let the mixture sit until it thickens, about 1 hour in the refrigerator.
- Scoop out small portions and roll into balls.
- Optionally, roll truffles in cocoa powder or chopped nuts for coating.

### 3. Mango Mousse

- Puree ripe mangoes in a blender until smooth.
- In a separate bowl, whip cream until soft peaks form.
- Gently fold the mango puree into the whipped cream until fully combined.
- Pour the mousse into serving glasses and refrigerate for at least 2 hours before serving.

#### 4. Gulab Jamun

- In a bowl, mix khoya and flour to form a smooth dough.
- Divide the dough into small balls and set aside.
- Heat oil in a deep pan and fry the balls until golden brown.
- Prepare a sugar syrup with sugar and water, adding cardamom for flavor.
- Soak the fried balls in the warm syrup for at least 30 minutes before serving.

#### 5. Seviyan Kheer

- Boil milk in a saucepan and add roasted vermicelli.
- Cook until the vermicelli is soft, then add sugar and cardamom powder.
- Stir continuously until the kheer thickens.
- Serve warm or chilled, garnished with nuts.

See also Garlic Butter Steak and Rigatoni

#### 6. Dates and Nuts Energy Balls

- In a food processor, blend dates until they form a sticky paste.
- Add mixed nuts and blend until combined.
- Form small balls with the mixture and roll them in coconut flakes if desired.
- Store the energy balls in the refrigerator until ready to serve.

## Notes

### Storage

- Store all desserts in airtight containers in the refrigerator for freshness.

## **Serving Suggestions**

- Serve desserts chilled or at room temperature, depending on the recipe.

## **Ingredients Quality**

- Use high-quality fresh ingredients for the best flavors and textures.

## **Dietary Modifications**

- Adjust sweetness according to personal preference, especially in recipes involving sugar.



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# Cook techniques

## Preparing Homemade Cake Bases

Use fresh ingredients and ensure that you measure them accurately for a light and fluffy cake base. Beat the butter and sugar together until light and creamy to incorporate air into the mixture.

## Making Flavorful Cream Frostings

Whip heavy cream until soft peaks form, then gradually add icing sugar and vanilla extract for flavor. Continue whipping until stiff peaks are reached for a stable frosting.

## Creating Flavorful Syrups

Combine equal parts sugar and water, then simmer until the sugar dissolves completely. You can add various flavors like cardamom or rose water by infusing it during the cooking process.

## Assembling Dessert Layers

Layer your desserts carefully, allowing enough time for each component to set if necessary. Use a spatula to spread fillings evenly, and be gentle when stacking layers to prevent crushing.

## Baking with Nuts and Dried Fruits

Toast nuts lightly in a dry skillet or oven before using, as this enhances their flavor and crunch. Ensure that dried fruits are chopped evenly for consistent distribution throughout the dessert.

## FAQ

**What is the best way to store these desserts?**

Keep them in an airtight container in the refrigerator to maintain freshness, allowing them to come to room temperature before serving for the best taste.

See also Small Serve Biscoff Cheesecake

**Can I substitute ingredients in the recipes?**

Yes, you can substitute certain ingredients based on dietary restrictions, but be aware that it may alter the texture or flavor of the final product.

**How can I make these desserts more festive for Eid?**

Consider adding decorative touches like edible gold leaf, colorful sprinkles, or themed cookie decorations to enhance the festive look.

**Can I prepare these desserts in advance?**

Yes, many of these desserts can be made a day ahead. Just ensure they are properly stored to maintain their quality.

**Are these desserts suitable for children?**

Most of the desserts are child-friendly, but be mindful of any allergies, such as nuts or dairy, when serving to children.



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## Conclusion

To celebrate Eid, these six easy dessert recipes offer a delightful combination of flavors and textures that will surely impress your family and friends. Whether you're looking for something fruity, chocolaty, or creamy, these treats are perfect for sharing after Iftar or during gatherings. Embrace the spirit of the holiday with these delicious homemade desserts, and enjoy the sweet moments together.

## More recipes suggestions and combination

### **Baklava Bites**

Consider making mini baklava bites with layers of phyllo pastry, chopped nuts, and honey syrup for a rich and indulgent treat.

### **Pistachio Mousse**

A light and creamy pistachio mousse can be a refreshing addition to your dessert table, offering a balance to richer sweets.

### **Coconut Ladoo**

Prepare coconut ladoos with desiccated coconut and condensed milk for a quick and delightful dessert option that brings a touch of tradition.

### **Chocolate Date Truffles**

Mix dates with nuts and cocoa powder to create chocolate date truffles, combining health and sweetness in one delightful bite.

### **Cardamom Panna Cotta**

For a unique twist, try cardamom panna cotta, which offers a smooth and aromatic dessert that complements the festive flavors of Eid.

### Fruit Chaat

Serve a colorful fruit chaat as a light and refreshing option, mixing seasonal fruits with chaat masala for a tangy kick.



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