



Mango Litchi Bingsu



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Introduction

Mango Litchi Bingsu is a delightful and refreshing dessert that combines the tropical flavors of mango and lychee. This Korean-inspired dessert features finely shaved ice topped with fresh fruits, providing a perfect treat to beat the heat during the warmer months. This article will guide you through the ingredients, preparation time, cooking details, and the total yield of this tantalizing dish.

Detailed Ingredients with measures

- Ice: 4 cups
- Fresh mangoes: 2, peeled and diced
- Fresh lychee: 1 cup, peeled and pitted
- Sweetened condensed milk: 1/2 cup
- Coconut milk: 1/4 cup
- Sugar: 2 tablespoons (optional)
- Mint leaves: for garnish

Prep Time

The prep time for Mango Litchi Bingsu is approximately 20 minutes. This includes peeling and chopping the fruits as well as preparing the ice.

Cook Time, Total Time, Yield

Cook Time: There is no cooking involved in this recipe.

Total Time: The total time to prepare Mango Litchi Bingsu is about 20

minutes.

Yield: This recipe makes about 4 servings, perfect for sharing with family and friends.



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Detailed Directions and Instructions

Prepare the Mango Puree

Begin by peeling and chopping ripe mangoes. Blend the mango pieces in a blender until you achieve a smooth puree. You can add a little sugar if needed to enhance the sweetness.

Prepare the Lychee Puree

Peel the lychees and remove the seeds. Blend the lychee flesh until smooth. If desired, add sugar to taste.

Assemble the Bingsu Base

Take a large bowl and prepare finely shaved ice or crushed ice for the bingsu base. Ensure the ice is light and fluffy for the best texture.

See also Sweet Potato Cheesecake

Combine the Purees

Pour the mango puree generously over the shaved ice, allowing it to soak in. Follow this with the lychee puree, creating a beautiful layered effect.

Add Toppings

Top your bingsu with additional cut mango pieces, lychee bits, and a sprinkle of condensed milk for extra sweetness. You can also add other toppings like coconut flakes or cereal for crunch.

Serve Immediately

Provide spoons and serve the bingsu immediately while it's cold and refreshing. Encourage everyone to mix the toppings before enjoying.

Notes

Choosing Fruits

Select ripe mangoes and fresh lychees to achieve the best flavor and texture in your bingsu.

Texture Tips

If you're using crushed ice, make sure to crush it finely for a similar texture to shaved ice, which is preferred for bingsu.

Variations

Feel free to experiment with other toppings and purees, such as strawberry or green tea, to create your own twist on the classic bingsu.

Storage Advice

Bingsu is best enjoyed fresh. However, you can store leftover purees in the refrigerator for up to a couple of days. The frozen base should be consumed immediately.



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Cook techniques

Shaving Ice

Shaving ice is crucial for achieving the perfect texture for bingsu. Use a quality ice shaver to get fine, fluffy ice that absorbs the flavors of the toppings.

Preparing Flavored Syrups

Creating flavored syrups involves cooking down fruits like mango and litchi with sugar and water. This concentrates the flavors for a refreshing drizzle over the bingsu.

Layering Ingredients

Proper layering of ingredients is essential. Start with the shaved ice, add your flavored syrup, then layer with fruits, and finish with toppings like condensed milk or mochi.

See also [Perfect Buttercream Recipe](#)

Chilling Ingredients

Ensure that all your ingredients, especially fruits, are well-chilled before assembling your bingsu. This helps maintain the refreshing quality of the dessert.

FAQ

What is bingsu?

Bingsu is a popular Korean dessert consisting of shaved ice topped with

various ingredients like fruits, sweetened condensed milk, and flavored syrups.

Can I use other fruits in bingsu?

Absolutely! While mango and litchi are delicious choices, you can use any fruits you like, such as strawberries, blueberries, or kiwi.

How can I make my bingsu healthier?

You can use fresh fruits, reduce the amount of sugar in your syrups, or use yogurt instead of condensed milk for a lighter option.

Is it necessary to have an ice shaver?

While an ice shaver gives the best results, you can also use a regular blender to crush ice, though the texture may differ from traditional bingsu.

How long can I store bingsu in the freezer?

Bingsu is best enjoyed fresh. If stored in the freezer, it can lose its texture and flavor, so it is recommended to consume it immediately after preparation.



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Conclusion

The Mango Litchi Bingsu is a delightful way to beat the heat and enjoy the unique flavors of summer. Its creamy texture combined with the refreshing fruity flavors makes it a perfect dessert for warm days. Not only is it visually appealing, but it's also a treat for your taste buds, bringing together the tropical goodness of mango and the sweet, floral notes of litchi. Try this recipe and impress your friends and family with a cool and delicious dessert.

See also Cranberry Fluff

More recipes suggestions and combination

Mango Coconut Bingsu

Combine the tropical flavors of mango with creamy coconut milk to create a delightful twist on the classic bingsu.

Litchi Rose Bingsu

Infuse the bingsu with rose flavor to enhance the floral notes of litchi, creating a fragrant and refreshing dessert.

Tropical Fruit Bingsu

Mix assorted tropical fruits such as pineapple, kiwi, and passion fruit for a colorful and flavorful bingsu experience.

Mango Sticky Rice Bingsu

Incorporate elements of the traditional Thai dessert by adding sticky rice and coconut cream alongside mango toppings.

Berry Delight Bingsu

Use various berries like strawberries, blueberries, and raspberries to create a vibrant and tangy bingsu that's bursting with flavor.



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