

Mango & cashew 'cheesecake'

Not convinced vegan desserts can be luxurious? Then try this plant-based 'cheesecake' from well-known Chinese chef Ching-He Huang.

Ching switched to plant-based eating after seeing how it could dramatically change people's lives and, in turn this led her to write *Asian Green*. It might be her first fully vegan cookbook but it's her 10th overall, and stays true to her food ethos of

getting "maximum flavour with minimum fuss".

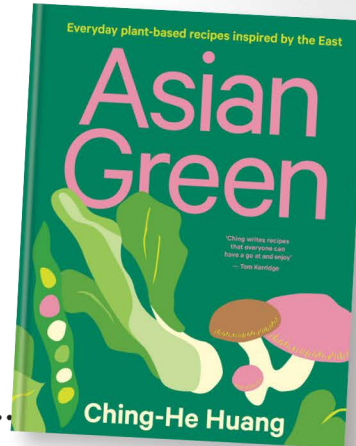
Her recipes are democratic, she says. "Not all of us are from the same background, but we all love food and we want it to be a simple process. If you cook something and it works and you feel happy and satisfied about it, then you're more likely to cook again.

"Once people cook, it's a way to express love, because you're taking care of yourself. And

once you learn how to cook and you're confident, then you know how to cook for somebody else."

For Ching, this is the ultimate way to show you care, and "if you choose to cook compassionately, then you're looking after the greater and you're extending your love to everything else".

■ *Asian Green: Everyday Plant-based Recipes Inspired By The East* by Ching-He Huang is published by Kyle Books, priced £20.



MANGO AND CASHEW VEGAN 'CHEESECAKE'

INGREDIENTS (Serves 10)

For the biscuit base:

200g fruity vegan oat biscuits
3tbsp mixed nut butter

For the cashew 'cheese' layer:

200g cashews, soaked in water for 30 minutes then drained and rinsed
200ml coconut milk
400g plain coconut yogurt
1tbsp coconut cream
3tbsp golden syrup
Juice of 1 lime
Pinch of sea salt

For the fresh mango compote:

2 mangos, peeled, stoned and diced into

0.5cm cubes

4tbsp golden syrup

To garnish:

Zest and juice of 1 lime

METHOD

1 To make the biscuit base, crush the biscuits in a food processor. Add the nut butter and process until well combined. Transfer the mixture to a bowl and set aside. Clean the food processor.

2 Place all the cashew 'cheese' layer ingredients in the food processor and blend until smooth.

3 Line the base of a 26cm round glass cheesecake dish with the biscuit and nut

butter mixture and press into place. Pour over the blended cashew 'cheese' mixture. Cover and let it set in the refrigerator for 30 minutes.

4 Meanwhile, make the mango compote. Place the mango and golden syrup in a shallow frying pan over a medium heat. Stir gently to combine. Cook for two to three minutes until the mango has softened and the mixture is slightly sticky. Take off the heat and let cool for 30 minutes. To assemble, remove the 'cheesecake' from the refrigerator and top with the cooled mango compote. Just before serving, garnish with the lime zest and juice. Enjoy!



Ching-He Huang