

# Mango and chocolate paletas

These paletas make a great way to end a party on a hot summer's day. "Paletas are essentially Mexican lollies made from the many tropical fruits native to the country," says 2005 MasterChef winner and

Wahaca co-founder Thomasina Miers. "The mango version below is delicious dipped in chilli-lime-salt, while the Mexican chocolate one is made with almond milk and drizzled with white chocolate and chopped almonds", she adds.

"Otherwise, try condensed milk or double cream for a rich finish."

● From Meat-free Mexican: Vibrant Vegetarian Recipes by Thomasina Miers, published by Hodder & Stoughton, priced £25



### INGREDIENTS

(MAKES 10-12)

#### FOR THE MANGO DIPPED IN CHILLI SALT VERSION

2 small ripe mangoes (220g)  
Zest and juice of 1 lime (40ml)  
2-3tbsp light agave nectar  
For the chilli-lime salt:  
10g piquin chillies or Urfa chilli flakes  
10g fine sea salt  
100g caster sugar  
Zest of 1 lime

#### FOR THE MEXICAN CHOCOLATE VERSION

400ml almond or whole milk  
Few pinches of ground cinnamon  
55g dark chocolate, chopped  
55g milk chocolate, chopped  
1-2tbsp golden syrup  
90g white chocolate  
50g almonds (flaked/slivered)

### METHOD

1 To make the mango paletas, skin and stone the mangoes and add the flesh (and as much juice as you can) into a blender. Add the lime zest and juice and agave with 300ml water and blend to combine.

2 Taste the mixture and add more agave if needed, remembering to sweeten more than you think necessary, as much of the sweetness disappears once the lollies are frozen. Pour into lolly moulds and freeze for at least eight hours.

3 To make the chili salt, blitz the chillies with the salt in a spice grinder or small food processor, then stir in the sugar and lime zest. Serve the mango paleta dipped into the chilli-lime-salt.

4 To make the Mexican chocolate paleta, add the milk to a heavy-bottomed saucepan and warm over a low heat with the cinnamon and golden. Take the milk off the heat and stir through the chocolate until completely melted. Leave to cool and then pour into lolly moulds. Freeze for at least eight hours.

5 To decorate, melt the white chocolate and toast the almonds. Drizzle the paletas with the white chocolate and sprinkle with the almonds.



Thomasina Miers

Picture: Tara Fisher/PA