



Crema De Fruta Recipe

Preparation Time	5
Cooking Time	35
Serving Size	12

Ingredients:

FOR THE PASTRY CREAM

- 1 can milk, evaporated (370ml)
- 1/2 cup sugar, white
- 4 pc egg yolk
- 1/3 cup cornstarch
- 1/4 cup butter

- 1/4 cup water
- 1 pack powdered gulaman, clear (90g)

- 12 pc mamon rolls, cut into half crosswise
- 1 can DEL MONTE Fiesta Fruit Cocktail (836g), drained, reserve syrup

Preparation:

1. For the Pastry Cream: Mix all ingredients in a pot. Cook over low heat, stirring continuously.
2. In a separate pot, combine reserved fruit cocktail syrup and water.
3. In a different pot, cook gulaman over low heat. Let it boil.
4. To assemble, put 1 piece mamon roll in the desired vessel. Pipe pastry cream on top. Top with DEL MONTE Fiesta Fruit Cocktail then pour gulaman. Let it set. Serve chilled.

Chef's Tip

Make sure to use a thick-bottomed pot when making the pastry cream. Scrape the bottom and the sides of the pot to make sure that the mixture does not scorch.

Lusog Notes

This delicious Crema de Fruta dessert recipe is a source of calcium that is needed for strong bones and teeth, and of protein which is essential for the growth and repair of body tissues.

Cooking Skills Needed

- Boiling
- Piping

Cooking Tools

- Measuring Cups
- Pot
- Measuring Spoon
- Spatula
- Piping Bag

- Weighing Scale

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