



## Crema De Fruta Recipe

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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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