



Fruit Pandan Ice Cream Salad Recipe

Preparation Time	5
Cooking Time	1455
Serving Size	18

Ingredients:

- 2 pcs buko, meat cut into squares, reserve 1 1/4 buko juice
- 4 pcs pandan leaves
- 1 pack unflavored gelatin, mixed with fruit cocktail syrup
- 1 can DEL MONTE Fiesta Fruit Cocktail (836g), drained, reserve syrup
- 3 Tbsp sugar, white
- 1/4 tsp food color, green
- 2 1/2 cups ice cream, macapuno, partially thawed
- 1 cup all-purpose cream
- 2 Tbsp condensed milk

Preparation:

1. Cover and simmer buko water in a pan with pandan leaves for 5 minutes. Turn off heat. Remove pandan and add gelatin mixture, stir to dissolve then add sugar. Stir until dissolved. Add food color. Pour into 5 x 8-inch pan and chill until set. Cut into cubes.
2. Soften ice cream a bit. Blend with cream and condensed milk. Combine immediately with buko, DEL MONTE Fiesta Fruit Cocktail and gelatin. Freeze overnight.

Chef's Tip

Thaw ice cream in the refrigerator for 20 to 30 minutes so that the whole block softens at the same time.

Lusog Notes

This dessert contains protein that helps in growth and development. It also has vitamin C that helps resist infections.

Cooking Skills Needed

- Mixing
- Simmering

Cooking Tools

- Measuring Spoon
- Measuring Cups
- Spatula