



Passion fruit pots with coconut stars

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



715 kcal

SIDE DISH

Ingredients

- ☐ 350 g sugar for decorating the stars
- ☐ 568 ml double cream
- ☐ 284 ml double cream
- ☐ 8 passion fruit rum ripe for wrinkly ones (look)
- ☐ 2 tbsp juice of lime
- ☐ 100 g butter softened
- ☐ 140 g flour plain for dusting
- ☐ 85 g rice

- ☐ 85 g coconut flakes
- ☐ 2 egg yolk
- ☐ 0.3 tsp vanilla extract

Equipment

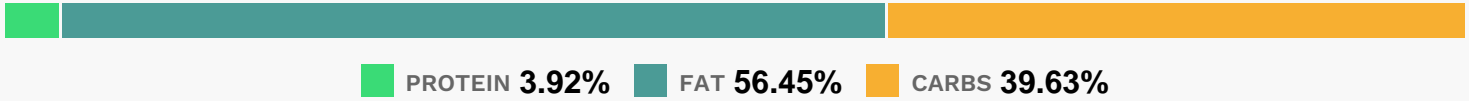
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ wooden spoon

Directions

- ☐ Combine 125g sugar with all the cream in a heavy-based saucepan.
- ☐ Heat gently, stirring occasionally, until all the sugar has dissolved, then bring to the boil. Boil fiercely for 3 mins, stirring to prevent the mixture bubbling over the pan or sticking, then immediately remove from the heat.
- ☐ Whizz the pulp from 7 of the passion fruits in a food processor to separate the seeds from the juice. Sieve and stir this juice into the cream along with the lime juice the mixture should visibly thicken. Leave to cool for 10 mins, then pour into 10 small pots or cups. Arrange the cups on a tray (make sure it fits in your fridge) and, when cool, cover the whole tray with cling film be careful not to let it touch the surface of the cream. Chill for 3 hrs to set, or up to a day ahead.
- ☐ Meanwhile, make the shortbread.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ In a large bowl, use a wooden spoon to mix the butter, flour, ground rice, 50g of the coconut, the egg yolks, vanilla and remaining 225g sugar until the dough comes together.
- ☐ Roll out on a lightly floured surface and, using starshaped cutters, stamp out biscuits.

- ☐
- Spread over baking parchment-lined baking trays, sprinkle with the remaining coconut and sugar, then bake for 8–10 mins. Leave to cool.
- ☐
- To serve, scoop the pulp from the last passion fruit and drizzle a little over each pot. Arrange the coconut stars on the side.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:38.91, Inflammation Score:-9, Nutrition Score:13.66826102008%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 714.55kcal (35.73%), Fat: 46.27g (71.19%), Saturated Fat: 30.14g (188.36%), Carbohydrates: 73.1g (24.37%), Net Carbohydrates: 64.14g (23.32%), Sugar: 45.81g (50.9%), Cholesterol: 157.23mg (52.41%), Sodium: 112.48mg (4.89%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 7.24g (14.47%), Vitamin A: 2428.19IU (48.56%), Fiber: 8.96g (35.83%), Vitamin C: 21.94mg (26.6%), Manganese: 0.43mg (21.32%), Vitamin B2: 0.36mg (21.23%), Selenium: 12.91µg (18.44%), Phosphorus: 155.22mg (15.52%), Iron: 2.29mg (12.75%), Folate: 45.87µg (11.47%), Potassium: 399.66mg (11.42%), Vitamin B3: 2.1mg (10.49%), Vitamin D: 1.57µg (10.44%), Magnesium: 39.21mg (9.8%), Vitamin B1: 0.15mg (9.71%), Copper: 0.18mg (9.03%), Calcium: 79.24mg (7.92%), Vitamin E: 1.19mg (7.92%), Vitamin B6: 0.16mg (7.88%), Vitamin B5: 0.56mg (5.56%), Zinc: 0.73mg (4.89%), Vitamin K: 4.04µg (3.85%), Vitamin B12: 0.22µg (3.74%)