

Fake Fried Egg Dessert (Milk Pudding & Mango Curd)



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Desserts, Entertaining, Vegetarian, Kid Friendly

Imagine everyone's surprise when they stick their fork into this one!

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In this deceptively delightful dessert, MasterChef alum, [Hoda Hannaway](#) plays with perception to create fried eggs that look just like the real thing! Milk pudding moonlights as egg whites and mango curd pretends to be a bright egg yolk. The facade seems even more real once you add a croissant to the mix!



Ingredients

For the "Egg white" - Milk Pudding

- 1 cup Milk
- 1 Tbsp sugar
- ½ tsp vanilla paste
- 2 Tbsp gluten-free cornflour mixed with 2 Tbsp water to make a slurry

For the Mango Curd

- 75g salted butter*
- 3 large eggs

- 75g Caster Sugar
- 250 mL mango puree (mixed with a tsp lime juice)
- ¼ cup gluten-free cornflour mixed with 2 Tbsp water to make a slurry

To serve

- Croissant or French toast (or slice of vanilla cake)

Method

1. To make the milk pudding, mix all the ingredients in a medium saucepan and bring to a gentle simmer over medium heat, stirring regularly.
2. Once simmering, whisk in the cornflour slurry and cook for a further 10 minutes or until the cornflour has been completely cooked and a thick custard-like consistency is reached.
3. Spread milk pudding mixture onto baking paper making 4 'puddle-like' shapes. Place into the fridge to set.
4. Meanwhile, move on to making the "Egg Yolk" part. Start by melting the butter into a medium saucepan over medium heat. Don't overheat. Once melted, add the rest of the ingredients and whisk over medium heat until a thick custard-like consistency is achieved.
5. Strain mango curd through a fine sieve and fill 4 egg cups** ¾ of the way full. Place in the fridge to set.
6. To serve, peel the "Egg white" part off the baking paper and carefully place it onto your choice of vessel. De-mould the "Egg yolk" part and carefully place it in the middle of the egg white. Now go right ahead and start fooling your family!

Notes

* We use salted butter in this recipe, but you can use unsalted, adding as much or as little as you like.

** We use egg cups here but you can use any type of mould that will achieve the same look.