

The round, colourful food trend in a sweet version

Cake Bowl – Caribbean style



According to the motto "The more colourful, the better!", there is room for everything that tastes and looks great. Whether for breakfast or as a dessert - with the new summer trend Cake Bowl, you will make your guests happy all round. The great thing about Cake Bowls: there are no rules - there are no limits to your creativity when creating these delightful bowls. You put together baked and fruity components and arrange them in an appetising way. This is also the case with our "Caribbean Dream" Cake Bowl. The basis is the erlenbacher chocolate coconut slice. Refined with a dream of fruity, creamy, and fresh ingredients, it makes cake fans melt away. Simply Bowliscious!

Ingredients (serves 12):

Chocolate coconut slices from erlenbacher

4 mangos

Maple syrup to taste

2 pineapples

250 g tapioca

2 papayas

500 g mango syrup

2 coconuts

½ vanilla pod

250 ml icing sugar with lime zest (from 2 limes)

2 vanilla pods

500 g kefir

1 tonka bean

300 g coconut milk

Coconut chips as garnish (tip: finely shaved from fresh coconut)

Preparation:

Put the kefir with the coconut milk and the maple syrup (sweeten to taste) into a 1l iSi device, screw on 2 iSi capsules and shake vigorously, refrigerate for at least 2-3 hours. Cut the erlenbacher Chocolate coconut slices into strips approx. 2 cm wide. Marinate the mango syrup with the scraped out vanilla pulp from the vanilla pod and the finely grated tonka bean. Boil the tapioca pearls briefly, strain and rinse and place in the marinated mango syrup for at least 1 - 2 hours. Peel, core etc. the mango, pineapple, papaya, passion fruit and coconut. Cut the fruit into cubes and marinate with the lime sugar.

Serve:

Place the diced chocolate coconut slice in a bowl. Add the marinated exotic fruits, top with the kefir coconut espuma and garnish with the coconut chips and tapioca pearls.



Pictures: erlenbacher