

Guarani

A Fairtrade dessert based on **Cranachan**¹, and named after the Tupi-Guarani Indians of Paraguay who domesticated the fruit that we now know as the pineapple. This is an **English**² recipe with **Scottish**³ origins, although it has Caribbean pretensions.

Ingredients

- 1 slice **FAIRTRADE** pineapple
- 280 ml double cream
- 30 ml **FAIRTRADE** rum
- 20 ml **FAIRTRADE** cashew nuts
- 30 ml Mexican **FAIRTRADE** honey
- 1/2 **FAIRTRADE** mango

Chill the glasses and the cream mix for 30 minutes (in the refrigerator).

Layer the creamy pineapple / mango mix on top of the pineapple bed in each glass.

Decorate each glass with a few toasted cashews and a piece of mango.

To serve

Serve chilled as a cold dessert after dinner.

Method

Preparation

Toast the cashew nuts (on a baking tray in the oven Gas Mark 3, 20 minutes).

Remove skin and centre from the pineapple slice as necessary. Chop into small (pea sized) pieces.

Peel the mango and make slices for decoration. Cut some into small pieces.

Whizz the cream in a blender until it holds stiff peaks. Turn out into a mixing dish.

Mix the honey and rum together, and then mix this with the cream.

Assembly

Make a bed (1 cm) of chopped pineapple in large tall wine glasses, (one per person).

Add the rest of the pineapple and mango (not the decoration) to the cream and turn.

Variations

Cranachan⁴.

Banana Rumba⁵.

¹<http://www.fairtradecookbook.org.uk/recipes/cranachan.htm>

²<http://www.fairtradecookbook.org.uk/countries/england.htm>

³<http://www.fairtradecookbook.org.uk/countries/scotland.htm>

⁴<http://www.fairtradecookbook.org.uk/recipes/cranachan.htm>

⁵http://www.fairtradecookbook.org.uk/recipes/banana_rumba.htm