



“Tamil Fruit Salad”

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Indian Fare Recipe

Ingredients:

Ingredient Name	Measurements
Milk, canned, condensed, sweetened	1 cups + 2 tsp
Grapes, red or green, seedless	2 lbs + 1 ½ oz
Pineapple, fresh, chunks	3 quarts + ½ cup
Mangoes, fresh, pieces	1 qt + 1 ¼ cups
Bananas, fresh	4 lbs + 3 oz
Yogurt, plain, low-fat	1 qt + 2 2/3 Tbsp
Cinnamon, ground	½ Tbsp + ½ tsp
Coconut meat, dried, flaked	1 cup + 2 tsp

**Note: Choose USDA foods whenever available to save on cost.*

**Note: frozen or canned fruit can be used in this recipe in place of fresh grapes, pineapple, and mangoes.*

Instructions:

1. Place unopened can of condensed milk in a perforated pan and place in steamer for 30 minutes. Cool down in cold water and when it is cool enough to touch, place in fridge. (Alternatively, place the can of condensed milk on its side in a sauce pot and fill with enough water to completely cover the can by at least two inches. Bring to a simmer and continue to simmer uncovered for 2 hours. Add more boiling water if water falls below two inches from the can. Remove the can carefully with tongs and rest on a resting rack and cool until room temperature. Do not open while hot.)
2. Wash all the fruit and cut up into 1-inch chunks.
3. In a large mixing bowl, add yogurt, cinnamon, and cold sweetened condensed milk and mix to combine.
4. Spread coconut out evenly, in one layer, on a sheet pan lined with parchment paper. Toast in 300° F convection oven (low fan) for 6-7 minutes. Stir halfway through to toast evenly and avoid burning. Set aside and cool.
5. Add cut fruit to the large bowl of yogurt mixture and garnish with toasted coconut flakes.
6. Hold for cold service at 41° F or lower.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	119.29 kcal
Total Fat	1.64 g
Saturated Fat	1.09 g
Trans Fat	0.00 g
Cholesterol	3.39 mg
Sodium	28.79 mg
Total Carbohydrate	25.95 g
Dietary Fiber	2.24 g
Total Sugars	19.52 g
Protein	2.55 g

Meal Component Information:

Meal Components	Amount
Fruit	0.5 cup