

Dessert: Italian-Indian Fusion Mango Lassi Panna Cotta



Ingredients:

- 2 cups coconut milk
- 1 cup mango puree
- 1/4 cup agave nectar
- 2 teaspoons agar agar powder
- 1/2 teaspoon cardamom powder
- Pistachios for garnish

Instructions:

1. In a saucepan, whisk together coconut milk, mango puree, agave nectar, and cardamom.
2. Sprinkle agar agar powder over the mixture and let it sit for 5 minutes.
3. Heat the mixture over medium heat, stirring constantly until it comes to a simmer.
4. Continue simmering for 5 minutes, stirring frequently.
5. Pour the mixture into small serving glasses or molds.
6. Refrigerate for at least 2 hours or until set.
7. Garnish with chopped pistachios before serving.

Conclusion

This vegan cross-cultural fusion meal combines elements from Moroccan, Thai, Mexican, Japanese, Italian, and Indian cuisines. By preparing this meal, students can learn about different culinary traditions, spices, and cooking techniques while creating a delicious and culturally diverse dining experience. This activity also encourages creativity in the kitchen and opens up discussions about cultural exchange and fusion in food.