

Rosa Mexicano

RECIPE (MAKES 16 POPSICLES)

Guava, Chile de Árbol, & Huckleberry Paleta

INGREDIENTS

- 8 Fresh pink guavas*
- 1/2 cup Sugar
- 1/2 cup Water
- 1 Tbsp. Lemon juice, fresh squeezed
- 1/2 tsp. Chile de árbol, ground
- 8 oz. Fresh huckleberries**
- 1 cup Sugar
- 2/3 cup Heavy cream

*If you cannot find fresh guavas, use guava purée instead.

**If you cannot find huckleberry, use wild blueberries or blueberries instead.

DIRECTIONS:

1. Peel and chop the guavas. Place into a blender and blend until smooth. (Should yield 2 cups of guava purée)
2. Combine the ½ cup of sugar and water in a small pot and bring to a boil. Boil for 4 minutes then remove from heat and add lemon juice.
3. Combine the guava purée and the sugar mixture. Stir in the chile de árbol powder and chill in the refrigerator until cold.
4. Combine the huckleberries and 8 ounces of sugar and bring to a simmer. Slowly add the cream and cook for 5 minutes. Blend in a blender until smooth and strain through a fine mesh strainer. Chill in the refrigerator until cold.

TO ASSEMBLE THE PALETAS:

1. In your Popsicle mold, pour in ¼ of the way with the guava purée. Freeze for 1 hour. Pour the huckleberry purée until ½ way. Freeze for 1 hour. Fill the remainder of the mold with a mixture of both and insert Popsicle sticks. Freeze for 3 hours. Proceed to unmold popsicles by placing them in warm water for 20 seconds, they should slide right out. Enjoy!