



Khubani ka meetha @ Le Meridien

One for the vegetarians, this stewed apricot dessert is whipped up by boiling the fruits in sugar syrup until they turn the consistency of a thick soup or compote. The dessert is then topped with blanched almonds and garnished with *malai* (extra-thick cream). But you can also ask for a side of custard or ice cream instead. ₹300. Details: 2705777



Phyllo-wrapped papaya conserve @ Spice Harbour

We like this Mediterranean-Malabar fusion at 51, the restaurant at Spice Harbour. The chefs follow the traditional Greek recipe for phyllo pastry: hand-rolling the dough to a paper-thin consistency, brushing it with butter and then rolling it again—a process that is repeated several times before it is stuffed with homemade papaya conserve and baked. Served hot from the oven, it is complemented with a scoop of vanilla ice cream and garnished with pomegranate seeds and a dusting of cinnamon. ₹300. Details: 2223119

Crème caramel @ Kochi Marriott

At first, this was just a dessert the chefs served up at the buffet. "But we quickly noticed that our signature Crème Caramel—made with specially-imported vanilla pods from Madagascar—needed to be constantly refilled," explains pâtissier Paul Desra. This melt-in-your-mouth dessert comes with a soft crust and gooey caramel sauce. ₹1,100 (per kg). Details: 7177777



taste



Honey-Amla Souffle @ The Gokulam park

"We only use natural ingredients like amla (gooseberries), palm jaggery, ginger, cinnamon powder and organic honey," says executive chef Radheesh Nair, adding, "This signature souffle is a favourite among our diabetic patrons as it is a healthier alternative—providing all the pleasure but none of the guilt." The multi-layered treat is served cold, with the honey balancing the amla's bitterness, and a pinch of cinnamon to aid digestion. ₹210. Details: 2400707

THERE'S something about desserts that makes us forget about full tummies and tight waistbands. And when the chefs add a new spin to the classics, we know we're in for something special. Starring ingredients like jackfruit, the Madagascar vanilla bean and gooseberries, we look at stand-out 'afters' that are being whipped up in some of our best restaurants. Text: Anoop Menon

The last course

With names like Chatta Mary Pudding and Honey Amla Souffle, here's our round up of signature desserts in the city



Jackfruit and Cardamom Gelato @ Holiday Inn

Roma, the Italian specialty restaurant at Holiday Inn, has a sweet treat that is as popular as its live pizzeria. Master pastry chef Reji P George has created a signature gelato that is heavily influenced by Kerala's summer. "We slow-churn our jackfruit and cardamom gelato. This gives it a smoother texture and makes the sweet, creamy, rich flavour stand out," shares the pâtissier. ₹250 plus tax. Details: 4199000



Chatta Mary Pudding @ Paragon

The buzz around Kozhikode's Paragon opening in Lulu Mall has still not died down. And people are making a beeline for the restaurant, not only to sample their mutton *biryani* and *kavalam konju*, but also their quintessentially Malabari dessert. The Chatta Mary Pudding is a sweet vermicelli cake topped with jaggery, *chakkavaratti* (jackfruit preserve) and locally-sourced bananas. ₹120. Details: 4011000

Jackfruit Roulade @ Crowne Plaza

"The main ingredient, ripe jackfruit, is seasonal, but we usually serve our Jackfruit Roulade during our summer food festival buffet at the Mosaic restaurant," shares pastry chef Jose Mathew. The jackfruit is slow-cooked until all the moisture evaporates and it takes on a jam-like consistency, before it is made into the soft roulade, served cold with whipped cream, a cherry and more jackfruit. ₹799 (per kg). Details: 2865000



Maduram Chertha Nentharakaya @ Bristow Hotel

This local speciality is a decadent treat made with strips of caramelised ripe banana (nentharakaya), shallow fried in a hot skillet and served with grated coconut, jaggery and freshly-powdered cardamom. Garnished with whipped cream, honey and nuts, this one costs ₹200. Details: 3050102