



# Kakeli

This dessert is a tortilla shell that has been deep-fried to a golden brown, bowl shape which is then filled with a creamy pudding. Toppings like peppermint chips, mint chips, chopped nuts, sprinkles, etc. are optional. The origin of this recipe is the novel JEWELS OF THE SKY (by Catherine E. McLean). Kakeli was the spark that set

off a riot. Thanks to the help of a chef, this is now a real dessert.

## SHELLS:



1 package of 16 tortillas (whole wheat preferred)

Trim the edges to get a square shape. Save the end pieces for "Poor Man's Kakeli" (see below).

Using two dippers, one that will nest in the other, \*place a tortilla square. Align one "point" of the square on the handle of the bigger dipper. Gently push the square down with the smaller dipper. Match dipper handles and hold them together. Deep fat fry until golden brown. Lift and drain excess oil from the dippers. Remove the smaller dipper. Set that dipper onto a ceramic or glass plate (it is very hot!). Using tongs, gently remove the tortilla bowl from the bigger dipper and set the bowl on paper



towels over newspaper to drain away the excess oil and to cool.\*  
Reload the big dipper and proceed from \* to \*.

## PUDDING MIXTURE

Into a bowl place 1/2 cup cold milk. Stir in 1/4 cup of mint jelly that has been forked into bits (do not pulverize, you want pieces of the jelly to show in the pudding).

Add and gently whisk in: 1 package of instant Pistachio pudding.

Then gently fold in one 8 oz. container of Cool Whip.

When the tortilla bowls are cool, place a generous dollop of the green-mint pudding into the bowl. Add toppings if desired.



## POOR MAN'S KAKELI

Take the trim-scrap from the tortillas, loop the ends together and hold them with tongs. Deep fat fry the loop to a golden brown. Alternate method: Cut the trim-scrap in half and deep

fat fry them—they will be flat "chips."

Into a small container, place some of the pudding mixture. Surround that container with deep-fried scraps (either loops or chips). Take a loop or a chip and scoop up some pudding—then eat.

Kakeli and Poor Man's Kakeli are original recipes of Catherine E. McLean @ 2013 \*

[www.CatherineEmclean.com](http://www.CatherineEmclean.com)

JEWELS OF THE SKY is a futuristic adventure novel featuring Indians in outer space and a Mayan connection. Available at Amazon.com as a paperback and e-book.

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