

Colored Jelly with Fruits



Who doesn't like gelatin? We'll teach you how to make a simple and cheap dessert, combining fruits and gelatin itself.

This dessert is sensational for the hottest days of summer. Let's go to her?

Ingredients

- 2 boxes of gelatin in different flavors (eg strawberry and lemon);
- Chopped fruits (strawberries, grapes, kiwi, banana, etc.);
- Water;
- Sugar (optional, if you prefer it sweeter);
- Mint leaves to garnish (optional).

Preparation

Prepare the jellies according to package directions, but use half the recommended amount of water. This will make the jellies firmer for dicing.

Pour the prepared gelatin into a rectangular container or into individual molds. Allow to cool at



room temperature for a few minutes.

Take the jellies to the fridge and let them harden for at least 2 hours, or until they are very firm.

While the jellies cool, prepare the fruits. Wash them, peel and chop into small pieces.

After the jellies are completely firm, remove them from the fridge and cut into small cubes.

In a container, mix the gelatin cubes and the chopped fruit. If desired, add a little sugar to sweeten.

Divide the mixture into individual small bowls or onto a large plate.

Take it back to the fridge for another 1 hour so that everything is well chilled.

Before serving, garnish with a few mint leaves, if desired.

This colorful fruit jelly is a light, refreshing and economical dessert, perfect for hot days or to end a meal in a simple and tasty way.

You can vary the fruits according to what you have available and even add a touch of creativity. It is a versatile and enjoyable option for all ages.

History of gelatin

Gelatine is a food that dates back to antiquity, with its origins probably linked to the use of collagen-rich animal parts. However, the modern gelatin production process was developed in the 19th century.

In the mid-19th century, French chemist Henri Braconnot discovered that collagen extracted from animal bones could be transformed into a gelatinous substance when boiled in water. However, the gelatin was still quite impure and had an unpleasant taste.

It was the British Peter Cooper, in 1845, who patented a process for the commercial production of gelatin powder. However, gelatin only became popular in American homes after the invention of sheet gelatin by American industrialist Peter Cooper Knox in 1890.

In the 20th century, gelatin gained increasing popularity as a base for desserts, salads and other dishes. Over time, several brands emerged that improved the quality and variety of flavors, making gelatin a staple in kitchens around the world.

Nowadays, gelatine is enjoyed in many forms, from frozen desserts to jellies and fillings in various culinary preparations. Its versatile use has made it a fixture at meals and celebrations around the world.



Video tutorial

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