

Panna Cotta

Cooked Cream
Serves 6-8

Ingredients

1 envelope unflavoured gelatin (about 1 tbsn)

2 tbsns cold water

500 ml cream

100 ml milk

100grms sugar

1½ tspns vanilla extract
or 1 stick

Berry Coulis

100gms sugar

3 tbsns water or orange
juice

350 gms frozen berries
thawed

Method

Put your ramekins in the freezer to chill

Sprinkle the gelatin over the water in a small saucepan and allow to stand for 1 minute to soften. Heat gently to dissolve the rest. Remove from heat.

Combine cream, milk, and sugar in larger pan over a low heat, stirring continually. Bring to the boil. Remove from heat immediately and add the gelatin mix and vanilla, stir. Divide between 6-8 ramekins. Chill at least 4 hours, or overnight

When set, dip each ramekin into a bowl of hot water for 3 secs. Run a knife around edge and invert onto small plate.

Coulis

Combine sugar and juice/water in a cup, stir. The mixture will be very thick. Heat to ensure sugar crystals are dissolved.

Add berries and blend, push the puree through a sieve. Discard the seeds. Store in fridge and pour over panna cotta to serve.