

Panna Cotta

Serves 8

Ingredients

1 Ltr pouring cream

100g sugar

2 tsp of vanilla extract, or 1 vanilla bean, split lengthwise

4 1/2 tsp powdered gelatine

90ml cold water

Method

Sprinkle the gelatin over the cold water in a medium-sized bowl and leave to stand for 5 to 10 minutes.

Heat the cream and sugar in a saucepan over medium-low heat. Once the sugar has dissolved, remove from heat and stir in the vanilla extract. (You're only warming it up to dissolve the sugar, don't overheat it.)

If using a vanilla bean, scrape the seeds from the bean into the cream and add the pod. Cover and leave to infuse for 30 minutes. Remove the bean then re-warm the mixture before continuing.

Lightly oil eight moulds with neutral tasting oil.

Pour the warm Panna Cotta mixture over the gelatine and stir until the gelatine has completely dissolved.

Allow mixture to cool down before dividing out into your ramekins.

Chill for a few hours - preferably overnight.

Accompany with compote of seasonal fruit, flavored with liquor, coffee, citrus zest etc.