

Panna cotta

ACNAS



Serves: 20

Prep Time: 4hrs, 15 minutes

Ingredients

- 1.3L (5 ¼ cups) pouring cream
- 1.3L (5 ¼ cups) full cream milk
- 1 tbsp vanilla bean paste or vanilla essence
- 1.5 cups (350g) caster sugar
- 2 tbsp gelatine powder
- 1.5kg fresh berries (strawberries, blueberries, raspberries)

Method

1. Add the cream, milk and vanilla bean paste to a large saucepan. Slowly bring to a simmer over a medium - low heat. Once it is simmering, turn off and set aside for 10 minutes to cool.
2. Add the sugar to the milk mixture and return to stove on a low heat. Stirring continuously, heat for 5 minutes or until the sugar dissolves.
3. Place ½ cup of boiling water in a small heatproof bowl. Sprinkle over the gelatine and stir until dissolved. Cool slightly and stir gelatine through milk mixture.
4. Lightly oil 20 panna cotta moulds or ramekins, place on a tray and pour mixture into moulds.
5. Refrigerate for 4 hours until set.
6. Remove from moulds by gently running a knife around the edges.
7. Serve with fresh berries or a berry coulis.

Dietitian's notes:

For a dairy free option, coconut milk and cream can be substituted into this recipe. If you do not have panna cotta moulds, a silicone muffin tray will also work.

Food Group	Serves provided per portion
Vegetables	0
Fruit	0.5
Grains	0
Lean meat and alternatives	0
Milk, yoghurt, and cheese	0.3