“Panna Cotta “



For me Panna Cotta is the queen of the summer. Panna Cotta can be prepared in different ways, with fruit, in glasses…

INGREDIENTS for Panna Cotta :

700 ml of sweet cream

300 ml of milk

100 g of sugar

45 g of corn-starch

Vanilla paste (or stick or vanilla sugar)

10 g of gelatine

4 spoons of water

INGREDIENTS for the sauce:

750 g of strawberries

3 spoons of water

70 – 100 g of sugar (depends on sweetness of fruit)

10 – 15 g of gelatine (not obligatory, it depends on

thickness you want to achieve)

PREPARATION of Panna Cota :

1 . put all the ingredients in a bowl, dissolve them well to avoid lumps …

2 . when Panna Cotta boils, put the pot out of the cooker, dissolve gelatine in water and leave it for 10 minutes to enable gelatine to bubble …

3 . add the prepared gelatine to the hot Panna Cotta …

4 . fill the glasses **(SEE THE VIDEO)** …

5 . Put Panna Cotta in the fridge to enable it to harden …

6 . clear the strawberries, add water and sugar (if you use gelatine, prepare it according to the instructions on the packaging) ….

7 . pour the sauce over Panna Cotta …

8 . leave Panna Cotta in the fridge for 4, 5 hours …

NOTES AND ADVICE:

You can decide on the amount of sauce as you wish.

Gelatine in the sauce is not obligatory.

You can also decide on the amount of sugar in the sauce, as some fruit is more, and some less sweet.





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