



NOVEMBER 2023

honey panna cotta

With macerated mangoes and blueberries and meringue.

Makes approx 5.

Ingredients (Panna Cotta)

250ml cream
250ml full cream milk
60g caster sugar
90g honey
3 titanium strength gelatine leaves
(2 tsp gelatine powder)

Ingredients (Macerated Mangoes and Blueberries)

2 Kensington Pride mangoes
2 punnets fresh blueberries
juice and zest of 1 lemon
1 tbsp caster sugar

Method

Start blooming gelatine by submerging leaves in cold water for 5 minutes. Alternatively, mix 2 tsp gelatine powder in 50ml cold water and set aside.

In a medium saucepan, add cream, milk, sugar and honey. Slowly bring to boil whilst stirring to dissolve the sugar and honey. Once at a boil, remove from heat and whisk into gelatine. Pass through a sieve to ensure there are no lumps, then pour into small plastic moulds and place in the fridge 2hrs, or until set.

Meanwhile, slice blueberries in half and peel and dice mango into 1cm cubes. Add fruit to a bowl with sugar, lemon zest and juice. After only 10 minutes or so, the fruit will ever so slightly soften and create its own little zingy sauce.

Serve panna cotta tipped out on a plate, along side a generous spoonful of fruit with bite size pieces of french vanilla meringues.

