



FOOD SYMPHONY



PANNA COTTA WITH RHUBARB RASPBERRY AND PERNOD SAUCE

INGREDIENTS

1 cup whole milk Greek yogurt
1 cup cream, divided in half
 $\frac{1}{4}$ cup castor sugar
 $\frac{1}{2}$ teaspoon vanilla
2 tablespoons (40ml) boiling water
1 teaspoon powdered gelatin
oil (optional)

METHOD

1. Lightly coat 4 x 180ml ramekins with vegetable oil, if you wish.
2. In a small bowl whisk the gelatin into the water. Set aside to soften.
3. In a larger bowl whisk together the yogurt and $\frac{1}{2}$ the cream.
4. Place the remaining cream and the sugar into a small saucepan over a low heat and stir until the sugar is dissolved. This should take a few minutes. Bring to a simmer. Turn off the heat.
5. Remove from the heat and stir in the vanilla. Add the gelatine mixture and whisk to dissolve it into the cream. Add to the Greek yogurt and mix until smooth.
6. Divide evenly between the ramekins. Cover with gladwrap and refrigerate for at least 4 hours or until set.
7. To remove the panna cotta from the ramekin run a knife around the edge of the panna cotta to break the seal. Sit the ramekin in hot water for a few seconds then upturn onto a plate.

Serve with [Rhubarb Raspberry and Pernod Sauce](#)