



VANILLA PANNA COTTA

Poached Apricot in Cardamom syrup

Serves: 4-6 | By Chef: Rafaela Carneiro

INGREDIENTS - POACHED APRICOT

- 165gr Caster sugar
- 40ml Lemon Juice
- 1 tsp Vanilla paste
- 6 to 7 Cardamom pods
- 250gr Dried Apricots
- 2 cups of Water

PROCEDURE- POACHED APRICOT

- 01** Begin this recipe 1 day ahead
- 02** Combine sugar, lemon juice, vanilla paste, cardamom and water in a large pan over high heat.
- 03** Bring to the boil and cook, stirring, until sugar dissolves.
- 04** Reduce heat to medium-low and add apricots.
- 05** Cook for 10 minutes or until apricots are plump and tender.
- 06** Remove from heat and cover with plastic wrap.
- 07** Set aside at room temperature overnight

MARKETPLACE





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Poached Apricot in Cardamom syrup

Serves: 4-6 | By Chef: Rafaela Carneiro

INGREDIENTS - PANNA COTTA

- 75ml full-fat milk
- 425ml double cream
- 50g sugar
- 1 tbsp vanilla paste
- 2 leaves of gelatin

PROCEDURE- PANNA COTTA

- 01** Soak the gelatin in cold water until soft.
- 02** Pour the milk, the cream, sugar and the vanilla into a saucepan, stir.
- 03** Warm gently over a low heat, being careful not to let the milk boil.
- 04** Remove from the heat and stir through the gelatin leaves until dissolved
- 05** Pass through a fine sieve into a jug and leave to cool to room temperature, stirring every few minutes.
- 06** Once cool, stir one last time to evenly distribute the vanilla, then divide in molds. Transfer to the fridge to set for at least 3 hours
- 07** To serve, run the molds under warm water for a few seconds before carefully turning out the panna cottas onto a plate
- 08** Serve on the top the poached apricot.

MARKETPLACE

