

MILK PANNA COTTA WITH BLACKBERRY COULIS



Moderate



30 minutes



Dessert



06 Servings

INGREDIENTS

Panna Cotta

1 litre whole milk
60g white sugar
80g cornflour
1-2 tsp vanilla essence

Berry Coulis

125 g blackberries
50 g raw sugar
50 ml water



COOKING STEPS

Make a slurry by adding the cornflour to 100 ml of the milk.

Begin heating the remainder of the milk in a large saucepan on a low heat. Just before it boils add in the vanilla essence, cornflour slurry and sugar.

Continue to slowly heat the milk mixture on low, stirring continuously. The milk mixture should start to thicken around the 5 minute mark. Patience is key here.

Once it heats to just under boiling and thickens nicely, remove from the heat and pour into individual serving bowl/glasses/ramekins – whichever suits you best. Allow to cool naturally then refrigerate.

For the coulis, place the berries whole or pre-cut with sugar and water into a small saucepan. Cook on a low to medium heat for 5 minutes until soft and stirring occasionally to avoid any sticking. Leave as a chunky sauce, or pour through a strainer to remove chunks.

Allow to cool then refrigerate until ready. To serve place a tablespoon or two of sauce on top of each mould.

If you want to serve the pudding out of the mould, we recommend dipping the mould or glass in hot water for 10-20 seconds to loosen the pudding. You can also trace a knife around the inner edge of the mould before tipping upside down onto a plate.