



Balsamic Strawberries and Panna cotta

Ingredients

Balsamic strawberries
400g strawberries, quartered or halved
60ml light red wine
30ml or 2 tbsp balsamic vinegar
15ml or 1 tbsp of runny honey

Panna cotta
10ml or 2 teaspoons powdered gelatine
320ml whole milk
Grated zest of 1 lemon
30ml amaretto or kirsch
1 vanilla pod split and extract the seeds
or teaspoon vanilla essence
600ml double cream
50g caster sugar



Method

Put 450ml of the cream into a pan with the vanilla, lemon zest and caster sugar. Slowly bring to a boil then strain into a bowl.

Put a pan with water on to heat, in a heatproof bowl put the liqueur and sprinkle with the gelatine. Stand the bowl over the simmering water and allow the gelatine to dissolve. Add a little of the cream mixture to the liqueur mixture and then add that to the rest of the cream mixture and leave it to cool.

Whip the remaining cream until it forms soft peaks and fold into the cooled cream/liqueur mixture. Divide the mixture into individual moulds (150ml) and chill until set.

Put the wine, honey, and vinegar in a pan. Bring up to the heat until the mixture is combined, then turn off the heat. Add the strawberries and stir gently for 1 minute. Remove the strawberries and boil the liquid for 3-4 minutes to reduce to a syrup. Let it cool.

Remove the panna cotta from the fridge, run a knife around the side of the mold and panna cotta, turn over and tap sharply to release. Or dip the mold in a bowl hot water to loosen the panna cotta. Do not dip for too long as the panna cotta will melt. Serve with the balsamic strawberries and drizzle with the syrup.

Other Information

Serves 6 individual servings
Preparation time – 40 minutes
Chilling time – overnight