

Vanilla Pannacotta with Rose Scented Berries

Delicate and creamy, this would have to be one of the easiest and most impressive desserts in my repertoire. I am not generally a dessert person so I like to make ones that are fresh and light and compliment the entire meal.

This velvety mixture of vanilla, honey and yoghurt accented by rose scented berries makes this a definite stand out!

Serves 4

300ml of pure cream
250ml of creamy natural yoghurt
1/4 cup of castor sugar
1 vanilla bean, split and seeds scraped
2 gold strength gelatine leaves*
1 tbs of honey
1 punnet of strawberries, topped and halved
1 cup of blueberries (frozen are fine)
2 tsp of rosewater*
1 tbs of icing sugar

Place the cream, vanilla bean and seeds and the castor sugar in a saucepan and gradually bring to the boil, stirring so the sugar dissolves. As soon as it is slightly boiling, remove from the heat.

Cut the gelatine leaves in half with scissors and soak in a jug of cold water for 5 minutes. Pick them up with your hand and squeeze out any excess water.

Whisk them into the cream mixture and add the yoghurt. Whisk until smooth and pour through a sieve to remove any lumps and the vanilla bean pod.

Pour the mixture evenly into four ramekins and place in the fridge for four hours to set. In another bowl combine the strawberries, blueberries, icing sugar and rose water. Remove the pannacotta from the ramekins by dipping the ramekins in hot water for a couple of seconds. Run around the edge with a knife and tip into a serving bowl. Arrange the berries and juice around the Pannacotta and serve...

* Gelatine leaves are available in gourmet food shops as is rosewater, although you can usually find rosewater in supermarkets in the baking section.