

Yogurt Honey Panna Cotta

With a Berry Heart

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INGREDIENTS

(makes 2 portions)

- 130g frozen berries (strawberries, raspberries, cherries)
- 4g agar agar
- 10-20g sugar (optional)

- 300g yogurt
- 50g honey
- 1tsp vanilla paste
- 200ml milk
- 15g agar agar

- fresh berries
- edible rose petals & buds



DIRECTIONS

1. Defrost the berries in a small pot over medium heat. If using sugar add also sugar at this point.
2. Once the berries have defrosted add agar agar while mixing and continue cooking for about two minutes until the agar agar has dissolved completely.
3. Remove from heat and portion into heart shaped silicone cupcake molds. Allow to set in the fridge for at least 4-5 hours, preferably overnight.
4. After the hearts have set, remove them carefully from the molds by pulling the sides of the mold lightly. Place the berry hearts into medium bowls.
5. To make the yogurt honey panna cotta, mix yogurt shortly to make it smooth. Add honey and vanilla and mix again until combined.
6. Heat milk with agar agar in a small pot for about two minutes until the agar agar has dissolved. Mix constantly while heating so that no lumps of agar agar are left in the milk.
7. Add the milk and agar agar mix to the yogurt while mixing and then pour the yogurt honey panna cotta mix into the bowls with the berry hearts, carefully so that the hearts stay clean in the middle. Tap the bowls a couple of times against the table to allow the panna cotta to even out. (See video)
8. Allow to set for another 4-5 hours in the fridge.
9. Decorate with fresh berries and edible rose petals and buds before serving.