

Lemon panna cotta

Panna cotta is really easy – you just need to remember to make it in advance so it has time to set in the fridge. You could use any combination of milk and cream, even crème fraîche or yoghurt. Panna cotta is lovely served with fresh, poached or candied fruits and something crunchy like a small, crisp cookie.



Serves: 8 (using 125ml ramekins/moulds)

500ml whole milk

500ml double cream

8 tbsps white sugar

pinch salt

zest of 2 unwaxed lemons

80ml lemon juice

4 level tsps gelatine granules

a little almond or sunflower oil

1. Combine milk and cream in a saucepan with sugar, salt and lemon zest. Slowly heat the mixture until it just comes to a simmer, stirring occasionally. Do not boil. When sugar has dissolved, take it off the heat and set aside while you prepare gelatine.
2. Put lemon juice into a ramekin or small bowl and sprinkle over the gelatine. Let it 'sponge' for five minutes without stirring. Meanwhile pour a little hot water from the kettle into a larger container, such as a saucepan. Place ramekin in hot water for five or so minutes to dissolve the gelatine.
3. Lightly grease eight ramekins or pudding moulds with almond, sunflower or any mildly flavoured oil. Put them on a baking sheet or tray and set aside.
4. Now make sure both cream and gelatine are luke warm, then combine the two and sieve the mixture into a jug. Let mix cool to room temperature. (You can speed this up by nestling the jug in a big bowl of ice cubes and cold water.)
5. Stir the mix, then pour into moulds and chill for at least two hours or overnight. To serve, dip each mould briefly into hot water from the kettle to loosen the panna cotta, then invert onto a dessert plate.