



Strawberries with Vanilla Panna Cotta

Ingredients

3 cups (750 mL) table cream (18%)
1 envelope unflavoured gelatin
1/2 cup (125 mL) granulated sugar
1 tsp (5 mL) vanilla
2 cups (500 mL) frozen MOOV Whole Strawberries

Steps

Pour cream into a large saucepan. Sprinkle in gelatin; let stand for 1 minute to absorb liquid. Place over medium-low heat for about 3 minutes, stirring constantly, until gelatin dissolves completely (not lumpy).

Remove from heat and stir in sugar until dissolved. Stir in vanilla. Let cool in refrigerator for about 1 hour or until just starting to thicken. (This will prevent the strawberries from floating in the dish. Skip the partial setting if not lining dish with strawberries.)

Thaw strawberries, cut in half lengthwise; blot lightly with paper towel to remove excess juice. If not unmolding from dish, place slices with pointed ends up (otherwise put pointed ends down) and press cut sides against the sides of 4 straight-sided clear glass dessert dishes or ramekins approximately 6 oz (175 mL).

Carefully pour (or spoon) slightly thickened cream mixture into the centre of the dishes. Try not to disturb the strawberries. If any begin to float, use a clean finger and press up against the side of the dish again. Refrigerate for 4 hours or until set. Cover with plastic wrap until serving. (Refrigerate up to 2 days.)

Preparation time :

1 hour 30 minutes

Refrigeration time :

1 hour 30 minutes

Portions : 4 portions

Product : Moov Whole Strawberries

Product code : 01100

Type : Classic fruits

Format : 12 x 600 g

Preservation :

Keep frozen at 0°F or -18°C or below. Take out desired amount and return any product not used immediately to freezer. Do not refreeze if thawed.

Preparation :

Thaw product at room temperature or use frozen. Use any way you would use fresh fruit or incorporated into your favourite recipe.

To unmold, dip bottom half of ramekins in hot water for about 20 seconds. Use tip of knife to loosen along edge; invert onto a plate. Top with remaining fruit. (May also be served in the ramekin or dessert dish.)

TIPS: The traditional way to serve panna cotta is to invert dessert cups onto a plate and add a fruit purée puddle (coulis) around it. To make coulis, purée strawberries in food processor with a little sugar to taste. Pour through strainer to remove seeds. Pour around panna cotta on serving plate.

TIPS: If you forget the cream mixture while cooling in the refrigerator and it sets; just microwave it for 20 to 30 seconds to dissolve. Stir and continue recipe.

TIPS: Try to choose strawberries that are similar in size.

TIPS: Additional strawberries and mint springs may be used for garnishing the top of the panna cotta, or the side of the plate.

VARIATIONS: If desired, reduce the amount of cream to 2-1/2 cups (625 mL). Add 1/2 cup (125 mL) puréed strawberries. Stir in after removing cream from the heat. If desired, replace vanilla with 2 tsp (10 mL) orange or almond flavoured liqueur.

You may make the Panna Cotta without lining the dish with strawberries, then after unmolding onto a plate, top with sliced strawberries that have been tossed with a bit of balsamic vinegar.

Recipe may also be made with sliced strawberries.

Sugar may be replaced with alternate sweeteners.

Rosewater: Stir in 1 tsp (5 mL) of rosewater (Rosewater is a clear liquid that has a light rose fragrance. It can be found in a small bottle in the drink mix section of grocery stores.)

Cardamom: Reduce vanilla to 1/2 tsp (2 mL) and stir in 1/4 tsp (1 mL) ground cardamom when vanilla is added.