



PANNA COTTA

This is one of the most fashionable desserts both in Italy and abroad.

Serves 4-6

1 leaf Gelatine

500ml cream

45g Sugar

1 Vanilla pod

1t Vanilla essence

1T Dark rum

Fresh fruit to decorate

Soak the gelatine leaf in a little water until soft.

In a heavy based pan, mix the cream with the sugar and vanilla pod and essence. Bring to the boil. Take off the heat and add the soaked gelatine leaf and the rum. Stir well until the gelatine has dissolved. Pass through a fine sieve and pour into 4 or 6 small moulds. Put in the refrigerator to set.

To serve, decorate with small pieces fresh fruit

*Products & seeds available from Bel Mondo 68 St John Street
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