

SPRING PANNA COTTA WITH FRESH STRAWBERRIES AND BALSAMIC SYRUP

INGREDIENTS:

NONSTICK SPRAY, FOR GREASING RAMEKINS
240ML WHOLE MILK
240ML DOUBLE CREAM
100G SUPERFINE SUGAR
1 VANILLA POD, SEEDS SCRAPED
4 STRIPS LEMON PEEL
1 1/2 TSP POWDERED GELATINE
1/2 LEMON, JUICED
290G CREME FRAICHE, ROOM TEMPERATURE
240ML GOOD-QUALITY BALSAMIC VINEGAR
25G SUPERFINE SUGAR
1 LARGE CARTON STRAWBERRIES, TRIMMED AND QUARTERED



DIRECTIONS

- 1) Grease 4 (240ml) size ramekins with nonstick spray to evenly coat the insides.
- 2) Begin by adding milk, cream and sugar to a pot and set over medium heat. Add vanilla pod and seeds and 4 strips of lemon peel (try not to get any of the white pith). Bring to a simmer. Once the mixture begins to bubble, turn off the heat.
- 3) While the mixture is heating, combine the gelatine and lemon juice, whisking as you go to avoid lumps. Temper the gelatine with about 120ml of the heated milk/cream mixture and whisk back into the remaining mixture. Strain cream mixture using a fine mesh strainer, into a bowl and discard the vanilla pod and lemon peel. Add the creme fraiche and gently whisk to combine the mixture. Distribute evenly among the ramekins and place in the refrigerator for 4 to 6 hrs or until they are set.
- 4) In a small saucepan reduce balsamic vinegar over low heat until slightly syrupy 5 to 7 mins. Add sugar and stir until dissolved.
- 5) Remove the ramekins from the refrigerator and top with quartered strawberries. Drizzle the tops with the balsamic syrup and serve.

More recipes
https://foodnetwork.co.uk/search/?q=spring&utm_source=foodnetwork.com&utm_medium=domestic

Menu

April

2021



1st week

* Tuesday 6th April

Spaghetti with tuna
French omelette with salad
Chocolate milk

* Wednesday, 7th April

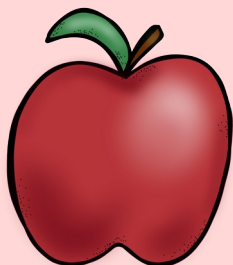
Italian style salad
Roman style hake with salad
Seasonal fruit

* Thursday 8th April

Spanish potato salad
Meat pie
Yogurt

* Friday, 9th April

Creamy pumpkin soup
Aragon style rice
Seasonal fruit



2nd week

* Monday 12th April

Peas with ham
Grilled pork loin with mashed potatoes
Seasonal fruit

* Tuesday, 13th April

Macaroni gratin
Peasant omelette
Chocolate milk

* Wednesday, 14th April

Pasta soup
Beef stew with potatoes and peas
Seasonal fruit

* Thursday, 15th April

Creamy veggies soup
Grilled salmon with steamed potatoes
Jelly

* Friday, 16th April

Creamy carrot soup
Turkey schnitzel with salad
Seasonal fruit

3rd week

* Monday, 19th April

Pasta salad
Fried eggs with fried potatoes
and chorizo
Chocolate milk

* Tuesday, 16th March

Rojja style potatoes
Grilled chicken breast with salad
Yogurt

* Wednesday, 21st April

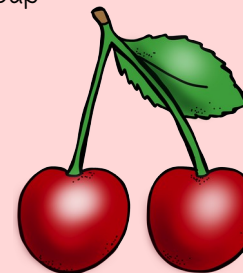
Julianne soup
Monkfish shrimp Fideuá
Seasonal fruit

* Thursday, 22nd April

Lentils soup
Tuna pie with salad
Fruit and chocolate milk

* Friday, 26th April

Creamy spinach soup
Meatballs with rice
Seasonal fruit



4th week

* Monday, 26th April

Brocoli with garlic
Spanish omelette with salad
Seasonal fruit

* Tuesday, 27th April

Green beans with tomato sauce
Rice calamari
Petit suisse

* Wednesday, 28th April

Pasta soup
Roast cod with potatoes baker's style
Seasonal fruit

* Thursday, 29th April

Veggies soup
BBK ribs with potatoes
Cheese and quince paste

* Friday, 26th March

Brocoli with garlic
Lasagna
Chocolate milk

