

Strawberries & Cream



An exciting twist on a classic summer pud.

Profitability:

Steps:

Method for Panna Cotta

Bring the milk, cream, sugar, vanilla seeds and pod to a simmer

Place the gelatine sheets in cold water and leave to soak for three minutes

Once gelatine sheets are soft and the cream mix has simmered, whisk together and pass through a sieve

Pour into moulds and leave to set in the fridge for 4 hours

Method for Strawberry Sorbet

Bring the water, glucose and sugar to boil, then whisk in the puree

Pour into an ice cream machine and churn till semi frozen. Place into the freezer and leave for 4 hours

Method for the shortbread

Rub butter, flour and sugar to form yellow breadcrumbs

Whisk egg, add to mixture and bind to form dough

Leave to rest in fridge for 20 minutes and cut into shapes

Cook at 160°C for 10-12 minutes until golden brown

Dust with sugar and place on a resting rack

To serve

Dip panna cotta in warm water and pull away from mould

Gently shake out and place just off centre of the plate

Ball the strawberry sorbet and place in between the panna cotta

Cut strawberry, place in and around the sorbet and panna cotta

Place shortbread and mint around and finish with a bit off strawberry coulis

Ingredients:

PANNA COTTA

Double cream 280ml

Semi skimmed milk 70ml

Caster sugar 50g

Gelatine sheets 1 ½

Vanilla pod 1 (scraped)

STRAWBERRY SORBET

Caster sugar 50g

Water 100ml

Glucose 1 tbsp

Strawberry puree 250g

SHORTBREAD

Butter 150g

Plain flour 250g

Caster sugar 65g

Sugar 10g (to dust top of the shortbread)

Egg 1, small

Strawberries to serve

Mint leaves to serve

Author: Andy Chan, 2013 winner of the South West Chef competition, sous chef at The Castle in Taunton