

DESSERTS

SPICED PANNA COTTA WITH STEWED PEARS



Ingredients (For 4 servings)

- 5 dl whole cream
- 1 dl skim milk
- 3 tbsp caster sugar
- 2 star anise seeds
- 4 crushed cardamom capsules
- 3 cloves
- 1 cinnamon stick
- ½ slit vanilla pod
- 3 sheets of gelatin soaked in cold water
- 2 pears
- 1 tbsp honey

Preparation:

In a saucepan, bring the cream, milk, sugar and spices to a boil.

Simmer over low heat for 15 minutes, then pass through a conical sieve to remove the spice particles. Remove from the heat and reserve for 10 minutes.

Drain the sheets of gelatin, incorporate them into the hot cream, and stir well.

Scoop the cream into 4 individual serving glasses, cover with plastic film, and chill for at least 3 hours.

Peel and seed the pears. Quarter them and finely dice them.

In a saucepan, stew the pears with the honey and a small amount of water. Once the pear pieces are tender, remove from the heat and reserve.

Coat the panna cotta with the stewed pears before serving.

