

YOGURT PANNA COTTA WITH SALTED NUT BRITTLE

GLUTEN FREE

Prep: 10 minutes plus setting

Cook: 5 minutes

Serves 4

INGREDIENTS

4 sheets leaf gelatine (7g)

350ml milk

1 tsp vanilla bean paste

Zest 1 lime

50g caster sugar

½ tsp LoSalt

275g natural yogurt

Salted nut brittle:

100g caster sugar

25g unsalted cashews, roughly chopped

25g pistachios

¼ tsp LoSalt



METHOD

Soak the gelatine in cold water for 5 minutes.

Place the milk, vanilla, lime zest, sugar and LoSalt in a small saucepan and heat to just below boiling point. Squeeze the excess water from the gelatine and add to the milk, stir until dissolved. Cool slightly before stirring in the yogurt.

Pour into 4 x 200ml dairole molds or ramekins and place in the fridge to set for 4-5 hours.

Meanwhile, to make the brittle, place the sugar in a small saucepan and gently heat until melted and golden in colour, stir in the nuts and LoSalt. Pour out onto a tray lined with baking parchment and allow to set.

Dip the molds in a bowl of hot water to loosen before turning out onto plates, break the brittle into shards and serve with the panna cotta.

Cooks tip

Prepare the day before and leave to set overnight. Store the brittle in an airtight container and break into shards just before serving.

Nutrition information					
Typical values	per 100g		Per 212g serving		%RI per serving
Energy	638	kJ	1353	kJ	16%
	151	kcal	321	kcal	16%
Fat	4.1	g	8.6	g	12%
of which saturates	1.2	g	2.4	g	12%
Carbohydrate	23	g	49	g	19%
of which sugars	22	g	48	g	53%
Fibre	0.5	g	0.8	g	3%
Protein	5.5	g	12	g	24%
Salt	0.11	g	0.23	g	4%