



Vanilla Pannacotta with Cinnamon Infused Black Cherry Compote

Serves 4

SUPPORTING POSITIVE AGEING FACT

A silky smooth panna cotta flavoured with vanilla and topped with a cherry compote made with tinned cherries is wonderful example of a dish that is both delicious, nutritious and cost effective.

This recipe forms part of Cater Care's supporting positive ageing recipe series, and reflects our commitment to creating delicious, nutritious and engaging aged care specific dishes for our residents.

This recipe is ideal for all residents including diabetics due to the use of dairy (low GI) ingredients, whilst also being a good source of energy and protein. The recipe is also perfect for residents on a texture modified diet (with a pureed cherry compote), and help to increase variety across these diet types.

Vanilla and cinnamon have been used to maximise the dish's flavour, and therefore its enjoyment and the nutrition it can provide.

INGREDIENTS

- 160ml Thickened Cream
- 320ml Full Cream Milk
- 2 tsp Vanilla Essence
- 30gm Caster Sugar
- 3 sheets Gold Strength Gelatine Leaves
- 65ml Water
- 1 ½ tsp Cornflour
- 550g Tinned Black Cherries In Syrup - drain, and reserve both the cherries and the syrup separately.
- ½ tsp Vanilla Essence
- ½ Cinnamon Stick
- 25g Caster Sugar

METHOD

1. Heat a heavy based saucepan over a moderate heat, add the thickened cream, full cream milk, first batch of vanilla essence and the first batch of caster sugar, and mix until the ingredients are combined. Bring the panna cotta mixture up to a gentle simmer, whilst stirring regularly to ensure the sugar has completely dissolved, then remove the saucepan from the heat and set to one side.
2. Place the gelatine sheets into a bowl, cover completely with cold water, and allow to soak until they have softened (1 minute), then remove them from the water and 'squeeze out' any excess moisture. Add the gelatine leaves to the panna cotta mixture and stir until they have completely dissolved.
3. Evenly distribute the panna cotta mixture between 4 - 120ml dariole moulds, then place them into a refrigerator for 4 hours or until the panna cotta's have firmly set.
4. Whilst the panna cotta's are setting, place the water and cornflour into a bowl, stir until the cornflour has fully dissolved and combined with the water, then set to one side.
5. Heat a heavy based saucepan over a moderate heat, add the cherry syrup, second batch of vanilla essence, cinnamon stick and second batch of caster sugar, bring the syrup up to a gentle simmer stirring regularly to ensure the sugar has fully dissolved.
6. Add the cornflour mixture to the cherry syrup, and stir it through immediately, and bring the syrup back up to the boil, then reduce the heat and allow it to gently simmer for one minute or until the syrup has slightly thickened. Remove the saucepan from the heat, set to one side, and remove and discard the cinnamon stick.
7. Add the cherries to the syrup and gently combine with the syrup, then set to one side and cool to room temperature.

TO SERVE

Half an hour before the desired serving time, to allow them to warm up a little, remove the panna cotta's from the refrigerator and remove each panna cotta from it's dariole moulds by turning it over, and tapping the upturned mould down onto a plate. Place each panna cotta in the centre of a serving plate, and place a little cherry compote on top and to one side of each.