



# STRAWBERRY PANNA COTTA

**Preparation time:** Less than 30 minutes (+ chilling time in the fridge)

**Cooking time:** Less than 30 minutes each!

**Skill level:** Moderate!

## INGREDIENTS

### PANNA COTTA:

- 3 gelatine leaves
- 520ml double cream
- 120ml whole milk
- 50g sugar
- 40g malt extract
- 1 teaspoon vanilla extract

### FRUIT COMPOTE:

- 200g strawberries
- 100g raspberries
- 40g sugar
- 40g malt extract

## METHOD

### PANNA COTTA:

Soak the gelatine leaves in water and set aside. In a saucepan bring the cream, milk, sugar and malt extract to a gentle boil, stirring occasionally, then remove from the heat. Lift the gelatine leaves and squeeze to remove excess water then add directly into the hot cream, mix and set aside to cool for 5 minutes. Pour into serving glasses and place in the fridge leave for 30 minutes to set.

### FRUIT COMPOTE:

Slice the strawberries in half and place in a saucepan with the raspberries, sugar and malt extract, then simmer for 10 minutes. Remove from the heat and blend with a hand blender until smooth. Return to the heat and gently simmer gently for a further 10 minutes until it thickens and most of the water has evaporated, the remove from the heat. Allow to cool fully and pour onto the top of the panna cotta and chill for a further 1 to 2 hours. For a finishing touch add some fresh raspberries before serving.



Muntons make more than just malt. For example, Muntons are Europe's largest homebrew manufacturer, making beer and wine making kits that can be found in specialist homebrew shops, online and through some high street retailers.

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## **MALT...**

### *the undiscovered ingredient*

Using these recipe cards we will try to show you how this fascinating ingredient can bring improvements to virtually all of your cooking. In addition to the recipe featured, why not try adding a dessert spoonful of malt extract to any sauce you make; into your gravy or try using malt extract in place of half of the sugar called for in your baking recipes. We know you will be surprised by the difference this can make.

Malt extract is included in this recipe to partially replace some of the sugar found in more standard panna cotta recipes. It reduces sweetness and introduces a subtle malt flavour and makes the dessert much creamier and silky. A similar technique applies for the fruit compote, where malt extract has been used to replace some of the sugar bringing added depth of flavour to the fruit topping and balancing the acidity of the summer fruits.

For this recipe you will need to have a jar of malt extract to hand. Malt is made from barley, a cereal grown extensively in our region; it is made by sprouting the barley just enough to allow natural enzymes to be developed in the barley that can convert starch into sugar. At Muntons our malt extract is made by adding just water and heat – nothing else. We crush our malt and soak this in hot water to encourage the natural enzymes to convert the barley starch into sugars and then boil this to drive off most of the water leaving the sticky glossy syrup that you spoon from the jar. Jars of malt are available from health food shops and pharmacists.

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Passionate about malt