



GINGER PANNA COTTA WITH RHUBARB (STRAWBERRY) & MINT

By Gail Simmons for Cascade Platinum

Serves 4 - 6

PANNA COTTA

1 cup whole milk, plus 1/4 cup for blooming gelatin
1 cup heavy whipping cream
1/2 cup superfine sugar
1 vanilla bean
6 slices of peeled fresh ginger root
1 strip of lemon peel
2 teaspoons powdered gelatin
1 cup crème fraîche, room temperature
Non-stick spray

GARNISH

1 cup fresh rhubarb stalk, trimmed, washed and cut into one-inch pieces (or strawberries, hulled and quartered)
1/4 cup sweet wine, like Muscat
1/4 cup sugar
1 slice of peeled fresh ginger root, finely diced
3/4 cup water
2 tablespoons chiffonade of fresh mint

DIRECTIONS

Begin by adding 1 cup milk, heavy cream and sugar to a pot and set over medium heat. Split and scrape the vanilla bean into the pot. Add lemon peel and sliced fresh ginger root. Bring to a simmer, then shut off heat and cover. Allow to steep for 15-20 minutes.

While the mixture is steeping, bloom the gelatin: Whisk together 1/4 cup milk and gelatin until it is completely dissolved. Add bloomed gelatin to the cream mixture and whisk to dissolve evenly.

Spray four to six 6-ounce ramekins with non-stick spray to evenly coat the insides. Add crème fraîche to a large mixing bowl. Strain cooled cream mixture through a sieve into the bowl and discard the vanilla pod, ginger and lemon peel. Gently whisk to combine the mixture. Distribute evenly amongst ramekins, cover with plastic wrap and refrigerate for at least 6 hours or overnight until they are well set.

Meanwhile, make the rhubarb (strawberry) garnish. In a medium saucepan heat the wine and sugar until dissolved. Then add the ginger and rhubarb (strawberries) and cook until simmering. Add the water, lower the heat and cover for about 15-20 minutes until the rhubarb is tender. Strain the liquid into a measuring cup, reserve the fruit, and allow to cool. If using strawberries, cook for only about 10 minutes in reduced liquid, then add water to finish, making one full cup of liquid.

When panna cotta is set, carefully invert each ramekin into a shallow bowl. Gently toss the fruit with the fresh mint. Pour about 1/4 cup of the poaching liquid into the bowl and place a tablespoon of the rhubarb on the side or on the top to serve.