



Lychee & passion fruit panna cottas

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



444 kcal

DESSERT

Ingredients

- ☐ 400 ml double cream
- ☐ 100 ml milk
- ☐ 60 g golden caster sugar
- ☐ 1 tsp vanilla paste
- ☐ 125 g stoned lychee whole peeled
- ☐ 5 sheets gelatine
- ☐ 6 tbsp lemon curd
- ☐ 2 passion fruits ripe

- ☐ 200 ml strained passion fruit juice (see tip, below)
- ☐ 40 g golden caster sugar
- ☐ 2 sheets gelatine

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Make the passion fruit jelly first.
- ☐ Heat the passion fruit juice and sugar in a saucepan, stirring, until the sugar has completely dissolved. Meanwhile, put the 2 sheets of gelatine in cold water and leave to soak for about 5 mins until soft. Take the juice off the heat.
- ☐ Add the gelatine and stir until it melts, then stir in the passion fruit seeds.
- ☐ Pour into 6 dariole moulds, or a similar container that can be turned out. Chill for 1 hr or until firmly set.
- ☐ Pure the cream, milk, sugar, vanilla paste and lychees in a food processor or a blender. Sieve and pour into a saucepan. While its heating, soak the 5 sheets of gelatine in cold water, as before, until soft. When the cream is just under boiling, remove from the heat. Squeeze the water from the gelatine, add sheets to the cream mixture, then stir until dissolved. Cool to room temperature. Stir, then pour into the moulds. Chill for at least 3 hrs or up to a day, to set. Can be done a day ahead.
- ☐ When ready to serve, pour boiling water into a bowl. Dip sides of each mould into the water, holding it in for a second.
- ☐ Place a plate on top and flip over to turn out.
- ☐ Serve the panna cottas with extra lychees, some curd and more passion fruit flesh.

Nutrition Facts



 **PROTEIN 5.03%**  **FAT 48.94%**  **CARBS 46.03%**

Properties

Glycemic Index:20.25, Glycemic Load:2.58, Inflammation Score:-8, Nutrition Score:9.8856523866239%

Nutrients (% of daily need)

Calories: 444.15kcal (22.21%), Fat: 25.13g (38.65%), Saturated Fat: 15.79g (98.7%), Carbohydrates: 53.16g (17.72%), Net Carbohydrates: 48.88g (17.78%), Sugar: 45.81g (50.9%), Cholesterol: 77.85mg (25.95%), Sodium: 47.81mg (2.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin C: 33.4mg (40.49%), Vitamin A: 1904.21IU (38.08%), Fiber: 4.28g (17.11%), Vitamin B2: 0.27mg (15.85%), Potassium: 429.34mg (12.27%), Copper: 0.24mg (12.01%), Phosphorus: 96.87mg (9.69%), Calcium: 92.23mg (9.22%), Vitamin K: 9.42µg (8.97%), Vitamin D: 1.26µg (8.41%), Vitamin B3: 1.52mg (7.62%), Magnesium: 28.56mg (7.14%), Vitamin B6: 0.12mg (5.9%), Iron: 1.06mg (5.89%), Selenium: 3.71µg (5.3%), Vitamin E: 0.65mg (4.31%), Folate: 13.97µg (3.49%), Vitamin B12: 0.2µg (3.34%), Manganese: 0.07mg (3.32%), Vitamin B5: 0.32mg (3.22%), Vitamin B1: 0.04mg (2.93%), Zinc: 0.42mg (2.81%)