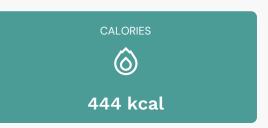


Lychee & passion fruit panna cottas

Gluten Free







DESSERT

Ingredients

	400 mi double cream
	100 ml milk
	60 g golden caster sugar
	1 tsp vanilla paste
	125 g stoned lychee whole peeled
	5 sheets gelatine
П	6 tbsp lemon curd

2 passion fruits ripe

\Box	200 ml strained passion fruit juice (see tip, below)	
H	40 g golden caster sugar	
\equiv		
ш	2 sheets gelatine	
Equipment		
	food processor	
	bowl	
	sauce pan	
	sieve	
	blender	
D :-		
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 see	
	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

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 %: O% (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%)