



creamy panna cotta



gluten-free



nut-free



sugar-free



soy-free



oil-free



2 servings



2h15 (15 min prep + 2h wait)

Ingredients:

300 ml (10,14 oz) coconut milk (canned)

3 g (1 tsp) rice flour

20-40 g (1 -2 Tbsp) maple syrup *

1 tsp vanilla powder

2/3 tsp agar-agar

For serving:

about 80 g frozen mixed berries

a drizzle of maple syrup

Important equipment:

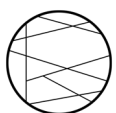
2 jars (160 ml/5,4 oz each)

Intructions:

1. Shake the can of coconut milk very well - so everything is mixed well.
2. Separate about 3 Tbsp of milk mix well with rice flour.
3. In a separate bowl mix the rest of coconut milk with agar-agar, vanilla powder, and maple syrup.
4. Place the coconut milk-agar mixture in the pot and bring it to the boil. Add coconut milk with rice flour, mixing all the time.
5. When it all starts to boil again, take it off the stove and pour it into the jars.
6. Let it cool down and place in the fridge for about 2h.
7. Place frozen berries in the bowl to defrost.
8. When ready to serve, dip the jars in hot water for few seconds to ensure panna cotta comes out easily.
9. Serve with a drizzle of maple syrup and berries


Notes & tips:

1. Maple syrup - I like to add just 1 Tbsp (20 g) to make sure it is not too sweet and then add more at the end when serving. That way I have more control over the sweetness. However, if you like a lot of sweetness - feel free to add more.
2. I used 300 ml of milk (even though the average can is 400 ml/13,52 oz) because of the size of the jars I had. If your jars are bigger (200 ml/6,76 oz each) - you can use the whole can.



ReShape.

reshape-official.com

 reshape_official

 ReShape.