



Buttermilk panna cotta with spiced plums

Recipe by: Sonja Edridge

Serves: 6

Cooking: 20min

Difficulty: Easy

Ingredients :

- 2 tsp of gelatine
- Zest & juice of 1 naartjie
- 250ml double cream
- 80g selati caster sugar
- 500ml buttermilk
- 1 tsp vanilla extract

For the spiced plums:

- 6 plums, halved and stoned
- 45g caster sugar
- 100ml naartjie juice
- 1 star anise

Methods :

- Sprinkle the gelatine into the naartjie juice to sponge. Heat the cream, sugar and orange zest in a pan over a gentle heat, stirring until the sugar has dissolved. Take off the heat. Stir the gelatine well, to remove any lumps and stir into the hot cream mixture until dissolved. Once dissolved, stir in the buttermilk and vanilla. Pour equally into 6 x 150ml ramekins, teacups or small glasses. Cover with cling film and chill in the fridge for 3-4 hours or overnight, until set.

- Heat the oven to 200°C fan. Make a double thickness square parcel of foil. Pop the plums in the middle with the star anise, sprinkle with sugar and juice. Pull up the sides of the foil into a bundle to enclose the plums, making sure no juices can leak out. Carefully place onto a tray in the oven and cook for 10 minutes until the plums are soft.
- When you are ready to serve dip the ramekins or cups in boiling water for a few seconds so the panna cotta will slide easily out. Turn each out on to your serving plates and spoon your plums and good amount of the juices around.