

Panna cotta



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For 4 servings:

500 ml of the soy milk (or any vegetable milk)
4 tablespoons raw sugar
approx. 5 cm vanilla stick (or 2 teaspoons vanilla essence)
150 g raspberries
1 1/2 teaspoon agar-agar

Dissolve the agar-agar in a tablespoon of soy milk.

Boil the rest of the soy milk together with 3 tablespoons of sugar (if you want it sweeter you can add 4 tablespoons of sugar) and vanilla (collected from inside the stick). Cook for 3 minutes then add the agar-agar and continue cooking for another 2 minutes. Set aside and allow to cool a little bit.

Separately blend the raspberries and a tablespoon of sugar, until you get a sauce. Add the sauce in a form (glass, cup) and pour the panna cotta gently over the sauce.

Allow to cool in the refrigerator for at least an hour.

Variation: Instead of raspberries you can use other fruits: strawberries, blueberries, etc.

A simple dessert, delicious and rich in protein, vitamins and minerals.



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