

A close-up photograph of a white ceramic bowl filled with a smooth, light-colored panna cotta. The panna cotta is topped with several fresh, vibrant red strawberries. To the left of the bowl, a golden-brown almond cookie with visible almond slices is partially visible. The background is softly blurred, showing another similar bowl of the dessert. The overall lighting is warm and natural, highlighting the textures of the ingredients.

Hemp Milk Panna Cotta with Strawberries



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BY JAMES BECK

The hemp seed products from Kanapu have blown me away and their hemp milk is no different. It has a unique nutty flavour that pairs quite deliciously with the strawberries. For best results, prepare the panna cotta and the marinated strawberries a day in advance.

INGREDIENTS

- 600g Kanapu Hempery Creamy Vanilla Hemp Seed Milk
- 300g cream, half whipped
- 120g sugar
- 4 sheets leaf gelatine (or 8g of powdered)
- 20 ripe strawberries
- 50g icing sugar
- ½ tsp vanilla paste
- Sweet cookies or wafers of your choice to serve with the pannacotta

METHOD

A DAY BEFORE SERVING

1. Soak the gelatine leaves in cold water to soften.
2. Gently heat the hemp milk with the sugar to dissolve.
3. Squeeze out the gelatine leaves and whisk into the warm milk.
4. Let the mixture cool to room temperature before folding in the half-whipped cream. Divide the mixture over 4 small (preferably glass) bowls and allow to set in the fridge overnight.
5. Cut 8 of the strawberries into quarters and mix with the icing sugar and vanilla paste and reserve in the fridge overnight.

TO SERVE

1. Remove the panna cotta's from the fridge.
2. Cut the remaining strawberries into quarters and mix with the marinated strawberries.
3. Spoon the strawberries and their liquid over the panna cotta's and serve with the cookie or wafer of your choice on the side.