

Blueberry Buttermilk Panna Cotta



Serves 4

Prep 20 mins

Cooking 5 mins

Easy

Ingredients

200g blueberries, + extra to serve
100g caster sugar
Juice of 1 lemon
3 sheets leaf gelatine
Sunflower oil, for greasing
75ml skimmed milk
284ml carton buttermilk
150ml low-fat Greek yogurt - I used Total2%
1 tsp vanilla bean paste

1. In a small pan, gently heat the blueberries, caster sugar and lemon juice, stirring until the sugar dissolves. Increase heat and simmer for a few mins until berries begin to burst and mixture thickens slightly.
2. Soak the gelatine in a small bowl of cold water for 5 min until soft. Lightly grease four 175ml dariole moulds with oil. Spoon out 2tbsp of berries and reserve for later. Transfer the rest of the blueberries and syrup to a blender and whiz until smooth. Pass through a fine sieve into a bowl, then divide mixture equally between two bowls, each about 125ml. Add the reserved blueberries to one bowl and set aside - this will be your sauce.
3. Warm the milk in a small pan until just steaming. Remove gelatine from water (squeezing out any excess), and stir into the milk until dissolved. Allow to cool for a few mins.
4. In a bowl, briefly whisk together buttermilk, yogurt & vanilla bean paste until smooth. Stir in the cooled blueberry coulis, followed by the milk & gelatine mixture. Divide among moulds & put in the fridge for at least 3hr or until set.
5. To serve, unmould the panna cottas by dipping the bases briefly in warm water to loosen, then turn out on to plates. Spoon reserved blueberry sauce over the top of each panna cotta.