

Cardamom Panna Cottas



Serves 4

Prep 20 mins

Chilling 3 - 4 hours

Easy

Ingredients

12g gelatine sachet
200g quark
1/4 tsp cardamom seeds, finely crushed
4 tbsp sweetener
1 tsp vanilla extract
350g yoghurt
1 egg white
4 vanilla pods (optional)

1. Put 2 tablespoons of hot water in a small heatproof bowl and sprinkle in the gelatine. Stand the bowl in a saucepan of hot water, stir until the gelatine is dissolved and leave to cool.
2. Whisk the quark until smooth. Add the cardamom seeds, sweetener, vanilla extract and yoghurts and whisk again until smooth. Stir in the gelatine once it has cooled.
3. Beat the egg white until soft peaks form and gently fold it through the yoghurt mixture. Spoon the mixture into individual moulds and chill for 3 -4 hours or overnight if time permits.
4. Dip the moulds in hot water for a few seconds and turn out the panna cottas on to serving plates. Serve with fresh fruit.