



## Eladnelle Saffron and Cardamom Pannacotta.

### INGREDIENTS:

- 3¼ cups thickened cream
- 1/3 cup sugar
- Pinch of salt
- 5 cardamom pods
- 50 mgs Eladnelle Saffron (soaked in a few mls of tepid water for previous 24 hours)
- 1 cup whole milk
- 3 leaves of sheet gelatine
- Ground Cinnamon for garnish
- Finely chopped pistachios for garnish



### METHOD:

- Step 1** Combine cream, sugar and salt in a saucepan (stirring occasionally to ensure sugar is dissolved) till mixture is hot. Take off the heat and add Cardamom pods - allow cardamom to infuse for 30 minutes.
- Step 2** In another bowl put gelatine leaves to soften in cup of milk, for 5 to 10 minutes. When Cardamom has infused for 30 minutes, add milk and gelatine to saucepan and return to heat. Bring mixture to a simmer until Gelatine has completely dissolved. Once done, strain mixture through a sieve into a medium stainless-steel bowl, discarding Cardamom pods – add soaked Eladnelle Saffron to sieved mixture at this time and stir well.
- Step 3** Place bowl with sieved mixture in it, into a larger bowl filled with water and ice cubes. Stir mixture well until mixture thickens and reaches a temperature of 10 degrees Celsius (use a cooking thermometer)
- Step 4** Divide mixture into 6 ramekin dishes, cover with glad wrap and place in refrigerator, optimally for 12 plus hours.
- Step 5** Serve dusted with cinnamon and chopped pistachio nuts. Some fresh fruit is also a good addition.