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Vanilla panna cotta with blackberry jelly

Ingredients

For the jelly:
300g blackberries
3 leaves of gelatine*
100ml cold water
30g caster sugar
For the panna cotta:
3 leaves of gelatine*
250 ml semi skimmed milk
250 ml double cream
35g caster sugar
1 vanilla pod

Preparation

1. 1. Defrost the blackberries before weighing if using frozen ones
2. if using fresh ones, rinse well and pick out any stalks. Put 18 of the blackberries in a small bowl to reserve in the fridge, to use to top the desserts.
3. 2. Into a small bowl of very cold water, place 3 leaves of gelatine and allow to soak for 5 minutes.
4. 3. While the gelatine is soaking, combine 100g of cold water and 30g of caster sugar in a saucepan, bring to a very gentle simmer and add 130g of the blackberries. Cook for 3-4 minutes, stirring occasionally to dissolve the sugar and mix the berries in well. Turn off the heat and pour the mixture into a sieve over a bowl, pressing with a wooden spoon to allow the juice to pass through but take out the seeds etc.
5. 4. Remove the gelatine from the water and wring out any excess water. Add to the bowl of sweetened blackberry juice and stir in well, making sure that the leaves have dissolved completely.
6. 5. Place the remaining whole blackberries at the bottom of 6 small glasses, dividing them equally, then carefully pour the jelly mixture over them in each glass. Chill in the fridge for a few hours until the jelly is firmly set.
7. 6. When the jelly is set, again place 3 leaves of gelatine into a small bowl of very cold water and allow to soak for 5 minutes.
8. 7. Pour the milk and cream into a saucepan then add the sugar. Split the vanilla pod lengthways and scrape out the seeds, then place the seeds and the pod into the saucepan. Stir over a gentle heat to warm the milk and cream and to dissolve the sugar, until almost simmering
9. do not allow it to boil. Turn off the heat then remove and discard the vanilla pod.

10 8. Remove the gelatine from the water and wring out any excess water. Add to the creamy mixture and stir until the gelatine is completely dissolved. Allow it to cool for about 15 minutes, until it is tepid, stirring occasionally to avoid a skin forming and to stop the vanilla seeds sinking to the bottom. Then give it a final whisk and pour it carefully into each glass on top of the set jelly. Leave in the fridge for a few hours until the panna cotta is completely set.

11 9. Finish by placing 3 of the reserved blackberries on top of each dessert, and serve.

12 * This recipe uses pork gelatine. You can replace it with beef gelatine or a vegetarian alternative

13 just alter the quantities and method of use according to instructions.

Cooks Note

This simple but attractive dessert, with the rich purple of the blackberry jelly and the contrasting creamy white panna cotta, is a perfect pudding to make for a dinner party. You can construct it well ahead of time, having it all ready to serve in the fridge, and it looks and tastes delicious!
Panna cotta, a delicate, creamy dessert, was originally made in Italy; it translates from the Italian as “cooked cream”, being usually made from dairy ingredients warmed with sugar and thickened to a wobble by gelatine. It is often combined with the fragrant seeds of a vanilla pod, and accompanied by chocolate, caramel or a variety of fruit sauces and jellies.
I picked many punnets of juicy blackberries this year, and this seemed a perfect opportunity to defrost and use some of them to make a blackberry jelly, packed with colour and flavour, to use in this lovely dish.
This recipe will make 6 portions.