

Lemony yogurt panna cotta with citrus segments infused with jasmine tea honey |

Recipe for 4 portions

Description

Yogurt with lemon zest prepared like a panna cotta and garnished with citrus segments infused with jasmine tea honey.

Note

You can keep the citrus juice when cutting the segments and add in your honey infused with jasmine.

Ingredients

For the panna cotta

- 300 Gr Plain yogurt 2%
- 40 Gr Sugar
- 0.50 Unit(s) Lemon
- 1.50 Leaf(ves) Gelatin
- 60 Gr Cream 35%

For citrus supremes

- 2 Unit(s) Orange
- 0.50 Unit(s) Pink grapefruit
- 25 Gr Honey
- 5 Gr Jasmine tea

Preparation

- Preparation time **30 mins**
- Resting time **60 mins**

General preparation

Cut orange and grapefruit segments. Zest the lemon. In a bowl, pour cold water and immerse the gelatine sheets to moisturize and soften them.

Preparation of pannacotta

In a saucepan, heat up the cream and lemon zest over low heat. Add sugar and mix. When the cream begins to simmer, remove from heat and stir in gelatin that you previously drained. Mix until the mixture is homogeneous. Pour over the yogurt and mix. Divide the mixture into glasses. Let cool and set aside in refrigerator for at least 4 hours, or place the glasses in an ice bath for express cooling.

Preparation of Jasmine honey with citrus segments

In a small saucepan, pour as much water as honey and add the jasmine tea. Bring to a boil, remove from heat. Let the honey sit with tea at least 10 minutes before straining. Mix the citrus segments with the jasmine honey and marinate in refrigerator for 1 hour.

To serve

Garnish your panna cotta with jasmine honey citrus segments.

Bon appétit!