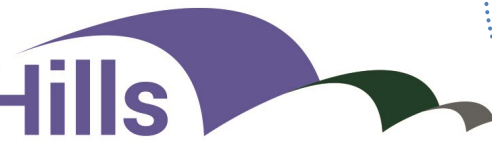


Taste the Hills



Recipes and Tips

Elderflower panna cotta

150ml whole milk	2 strips of lemon peel
300ml double cream	1 tsp vanilla essence
50g caster sugar	3 leaves of gelatine
4 large heads of elderflower	

Pour the cream and milk into a pan and bring to just below boiling point.

Remove from the heat and add everything else except the gelatine. I place the elderflower heads in the milky mixture flower side down with the green stalk poking up.

Let it sit like that for half an hour or so.

Next, soften the gelatine by placing in a little cold water for 10 minutes.

When it is soft, take the gelatine out of the water and drop it into the saucepan of milk. Reheat gently and stir until the gelatine has dissolved.

Place a fine sieve over a jug and strain the mixture into it. A jelly bag is even better to catch the odd thunderfly.

Pour the panna cotta into little ramekins and when cool, chill in the fridge overnight or make in the morning to eat that night. Either eat straight from the dish or invert and serve with poached rhubarb, gooseberries or strawberries.

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the home of Grow Cook Learn

School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk

Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk

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