

Eat The View

Recipes and Tips

Meadowsweet Pannacotta

Remember to follow the foraging code when getting your meadowsweet, then enjoy a lovely, wobblily dessert.

Ingredients

500 ml double cream

3 small leaves of gelatine (pre soaked in cold water)

5 heads of meadowsweet

30 g golden caster sugar

Red summer berries to garnish

Method

Pre soak the gelatine leaves in cold water until they go rubbery.

Place the cream, sugar and meadowsweet heads in a pan and place on the heat until the mixture starts to boil.

Remove from the heat and stir in the gelatine leaves until they dissolve.

Pass the whole mixture through a fine sieve.

Pour the mixture into serving glasses of your choice and place on a flat surface in the fridge to set.

Once set, remove from the fridge and serve chilled.