

Cardamom Panna Cotta with Sweet Plum Compote

Literally, "panna cotta" means cooked cream. We promise, this tastes a lot better than it sounds. This is a delightful little treat. The panna cotta is lovely, creamy, and mild, with the plum and spices to give it zest and life. Plus, we love the presentation. Who wouldn't want their own little adorable cup!?

1 tbsp unflavored gelatin
¼ cup cold water
¼ cup Lemon Pressato Olive Oil or Mild EVOO
1 cup whole milk
3 cups whipping cream
¼ cup honey
½ Vanilla Bean Pod or 1 tsp vanilla bean paste
3 Green Cardamom pods or 2 tsp ground cardamom
Pinch sea salt

Compote:

2 cups ripe red or purple plums, pitted and roughly chopped (approx. 3 medium plums)
¼ cup granulated sugar
¼ cup Cranberry Pear Fruit Vinegar
2 strips (1" wide) orange rind
¼ tsp sea salt
½ lemon, juiced

In a large liquid measuring cup (large enough to hold all the ingredients), measure out 1/4 cup of cold water, then sprinkle the gelatin over it. Let it sit for 5 minutes to soften. Stir after 5 more minutes. Whisk the olive oil into the gelatin mixture and set aside.

Lightly brush the inside of 8 small mason jars with olive oil and reserve.

In a saucepan, gently whisk together milk, cream, and honey over medium-low heat. Slice the vanilla bean in half, retaining the very tip that holds the bean together. Run the flat/dull side of a paring knife down the inside of the bean, scraping out the seeds. Add to the milk mixture. Gently break open the cardamom pods, remove the seeds from inside, and crush them gently in a mortar and pestle. Add the ground cardamom to the milk mixture, if using, and whisk it in. Continue to gently stir, ensuring the milk does not come to a hard boil, but rather a gentle simmer. Then, remove from the heat.

Strain the milk mixture through a fine mesh sieve into the gelatine mixture, removing the cardamom and vanilla bean pod, and gently stir to combine. Avoid stirring too much as to

create bubbles in the mixture. This ensures a smooth panna cotta. Let cool and skim any foam off the top.

Fill reserved ramekins with panna cotta mixture and cover each dish with plastic wrap. Chill in the fridge for 4 hours or overnight, until the mixture is set.

For the compote, add the ingredients to a saucepan. Stir together and simmer over medium-low heat for 10 to 15 minutes, or until the fruit begins to break down. Remove the pieces of orange rind. Cool in the fridge.

Unmold panna cotta if desired for serving, or top with chilled compote and serve.