

Rose & Pomegranate Jellies With Cardamom Panna Cotta

Ingredients

- 7 Gelatine Leaves
- 1 Tsp Lemon Juice
- 100g Caster Sugar
- 250ml Unsweetened Pomegranate Juice
- 1 Tsp Rosewater
- 1 Pomegranate, Seeds Only
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- For The Panna Cotta
- 300ml Double Cream
- 200ml Whole Milk
- 6 Cardamom Pods, Seeds Lightly Bashed
- 1 Vanilla Pod, Split
- 2½ Gelatine Leaves
- 75g Caster Sugar



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Method

- First, make the jelly. Soak the gelatine in cold water for 10 mins. Bring the lemon juice and 300ml water to the boil over a medium heat. Stir in the sugar until dissolved, then remove from the heat. Squeeze the excess water from the gelatine, then stir it into the syrup to dissolve. Stir in the pomegranate juice and rosewater. Take off the heat and leave to cool.
- Meanwhile, divide the pomegranate seeds between six 200ml moulds. When the jelly is at room temperature, divide between the moulds. Chill for 2 hrs.
- While the jelly chills, make the panna cotta. Pour the cream and milk into a pan, add the cardamom and vanilla and warm over a low heat, stirring. Turn up the heat, bring to a simmer and cook until it has reduced by a third, 8-10 mins. (Don't let it boil.) Put the gelatine in a bowl, cover with water and leave to soak for 10 mins. Squeeze the water out, add the gelatine to the cream mix along with the sugar and stir to dissolve. Cool slightly, strain into a jug, pour over the jelly and chill for 6 hrs or overnight to set. Will keep chilled for a day. Serve cold.