



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

## Balsamic Strawberries and Panacotta

### Ingredients

Balsamic strawberries  
400g strawberries, quartered or halved  
60ml light red wine  
30ml or 2 tbsp balsamic vinegar  
15ml or 1 tbsp of runny honey

Panna cotta  
10ml or 2 teaspoons powdered gelatine  
320ml whole milk  
Grated zest of 1 lemon  
30ml amaretto or kirsch  
1 vanilla pod split and seeds extracted or  
teaspoon vanilla essence  
600ml double cream  
50g caster sugar



### Method

Put 450ml of the cream into a pan with the vanilla, lemon zest and caster sugar. Slowly bring to a boil then strain into a bowl.

Put a pan with water on to heat, in a heatproof bowl put the liqueur and sprinkle with the gelatine. Stand the bowl over the simmering water and allow the gelatine to dissolve. Add a little of the cream mixture to the liqueur mixture and then add that to the rest of the cream mixture and leave it to cool.

Whip the remaining cream until it forms soft peaks and fold into the cooled cream/liqueur mixture. Divide the mixture into individual moulds (150ml) and chill until set.

Put the wine, honey, and vinegar in a pan. Bring up to the heat until the mixture is combined, then turn off the heat. Add the strawberries and stir gently for 1 minute. Remove the strawberries and boil the liquid for 3-4 minutes to reduce to a syrup. Let it cool.

Remove the panna cotta from the fridge, run a knife between mould and panna cotta, turn over and tap sharply to release. Or dip the mold in a bowl hot water to loosen the panna cotta. Do not dip for too long as the panna cotta will melt. Serve with the balsamic strawberries and drizzle with the syrup.

### Other Information

Serves 6 individual servings  
Preparation time – 40 minutes  
Chilling time – overnight