

## Beetroot and Tea Panna Cotta



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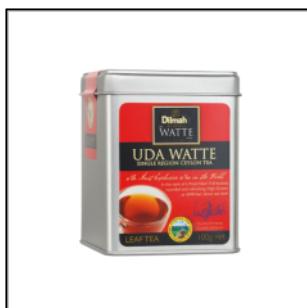


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- Sub Category Name  
Combo  
Main Courses
- Recipe Source Name  
The Chefs and the Tea Maker - 2014



### Used Teas



Uda Watte

### Ingredients

#### Beetroot and Tea Panna Cotta

#### Beetroot and tea panna cotta

- 250ml full cream
- 60ml milk

- 3g powdered gelatine
- 1 beetroot, peeled and cut into wedges
- 1 tbsp Dilmah Uda Watte tea
- 1 tsp salt
- ½ tsp white pepper
- 1 tsp lemon zest, finely chopped
- 1 tsp fresh parsley, finely chopped

### **Celery and beetroot salad**

- 2 tbsp extra virgin olive oil
- 2 beetroots, cooked, peeled and sliced
- 3 radishes, finely sliced
- ½ head celery, finely sliced
- ¼ carrot, julienned
- 400ml mixed salad leaves
- 50ml mint leaves
- 2 spring onions, finely chopped

### **Deep fried goat's cheese**

- 40g soft goat's cheese balls
- 2 eggs, lightly beaten
- ½ cup flour
- breadcrumbs

### **Beetroot purée**

- 2 beetroots, cooked, peeled and chopped
- 50ml cream
- 1 tsp lemon zest
- Salt and pepper to taste

## **Methods and Directions**

### **Beetroot and Tea Panna Cotta**

#### **Beetroot and tea panna cotta**

- In a saucepan scald the milk and cream.
- Add the beetroot and tea to the mixture to infuse while scalding.
- Add the gelatine powder and stir until all the gelatine has dissolved.
- Be sure not to have the temperature too high.
- Once dissolved pour the mixture through a chinois.

- Stir in the lemon zest and parsley.
- Divide mixture into oiled moulds and refrigerate until set and ready to be served.

### Celery and beetroot salad

- Toss the salad leaves and mint in a little olive oil and divide between the four dishes.
- Scatter the beetroot, radishes, celery and spring onions over the greens.

### Deep fried goat's cheese

- Place the goat's cheese balls on a greased baking tray in the freezer.
- Heat oil in deep fryer to 180°C.
- Place the eggs and flour in two separate bowls.
- Dip the goat's cheese balls in the egg then flour the egg again and in breadcrumbs.
- Carefully lower the goat's cheese balls into the hot oil and cook for about 3 minutes until golden.
- Drain on paper towel.

### Beetroot purée

- Place cooked beetroot and cream in a food processor and pulse until smooth.
- Season with salt and pepper to taste.