



ROOIBOS PANNA COTTA

In a pot, simmer milk, cream, sugar and teabags until sugar has dissolved. Remove tea bags and leave to cool for 5 minutes.

In a separate bowl, cover the gelatine leaves with cold water and leave to soak until they bloom, in other words, the gelatine becomes soft and jelly-like.

Add bloomed gelatine - discarding the water - to the cooled rooibos mixture and stir until gelatine has completely dissolved. Strain the mixture through a fine sieve to remove any impurities and pour into desired moulds. Chill in the fridge for 2 hours to set. Serve in the moulds with garnish like sugar shards.

180 ml full-cream milk
500 ml cream
200 g white sugar
6 rooibos tea bags
3 gelatine leaves

Makes 6