



Rhubarb and Strawberry soup with Buttermilk Panacotta

Dear All

Hi and thanks for reading

Another busy month ahead and another hectic month behind me! Garden parties in the South Cotswolds and corporate events around Bristol will be on the agenda this month and then to Spain for the beginning of my summer travels.

I'm very much looking forward to being back in mainland Europe, and especially Spain, all those lovely local markets to peruse and find new and wonderful ingredients, a true chefs delight! Fantastic cheese, mouth watering cured meats and the freshest of Seafood.

This months food related question comes from Michael Rose. Michael wanted to know what fruit and vegetables are in season here in the UK. For fruit Michael, you can't beat a good old English strawberry, see my recipe below! Gooseberries and raspberries are also in abundance. For vegetables we have beetroot, radishes, broad beans, spring onions and watercress. All good salad items and great for lowering cholesterol! Coming from Europe this time of year all the lovely stone fruits like nectarine, peaches, cherries and apricots and for the vegetables, there will be things like globe artichoke and fennel.

This months recipe is a great summer dessert and combines classic Italian cooking with the best of British seasonal produce. My rhubarb and strawberry soup with buttermilk panacotta will wow your dinner party guests and have them talking about it for months afterwards!

For more information on my services please call me on 07920 066 075 or email me at info@tyronepower-personalchef.com

Regards

Ty

Rhubarb and Strawberry soup with Buttermilk Panacotta

Serves 6

Ingredients

Buttermilk Panacotta

400ml Cream
150g Castor sugar
250ml buttermilk
2 Tsp Vanilla essence
5 leaves of gelatine

Strawberry soup

400g Castor sugar
600ml of water
350g of strawberries washed and tops removed
2 Stems of rhubarb, about 40cm long each, washed and cut into pieces
6 Cloves
1 Cinnamon stick
Peel of half an orange
10 mint leaves

Method

The panacotta will need to be made the day before!!!

- 1) Soak your gelatine leaves in cold water
- 2) Place your cream and your sugar in a pan and bring to the boil
- 3) Remove from the heat and add gelatine making sure all the water has been squeezed out of it, stir until completely dissolved
- 4) Now add your vanilla essence and buttermilk
- 5) Divide the mixture into 6 125ml panacotta cups or dariole moulds
- 6) Place in fridge to set overnight
- 7) For the stock syrup you need to place the water, sugar, cinnamon, cloves and peel in a pan and bring to the boil and turn down to simmer for 10 minutes
- 8) Now strain the mix through a sieve back into another saucepan adding the rhubarb to this and bringing it back to the boil for another 5 minutes.
- 9) Pour the mix into a bowl and place in the fridge to cool
- 10) Once cool pour the syrup mix into a blender along with 325g of the strawberries
- 11) Blitz for 1 minute
- 12) For serving, remove panacotta from the fridge, run a knife around the side of the mould, place your hand over the top and turn upside down, shake and the panacotta should fall out. If it doesn't place it in a warm water bath for 30 seconds to loosen it up.
- 13) Place the panacotta in the centre of the bowl, pour the soup in gently.
- 14) To garnish use remainder of the strawberries in slices and finely chop some mint.

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