

YAKULT LIGHT PEAR PANNA COTTA

A HEALTHY RENDITION ON A CLASSIC DESSERT



CHEF MIKO ASPIRAS

PANNA COTTA MIXTURE

The ultimate in guilt-free decadence

Serves 6 (690 kj per serve)

INGREDIENTS:

2 TABLESPOONS WATER
1 TABLESPOON POWDERED GELATIN
2 1/4 CUPS COCONUT CREAM
5 BOTTLES OF YAKULT LIGHT

PROCESS:

- 1.** Place the water in a small bowl and add gelatin. Stir and set aside to soften for 2 - 3 minutes.
- 2.** In a small saucepan, pour 1 cup of the coconut cream, and bring to a simmer over medium heat. Remove from heat, and whisk in the softened gelatin, let the gelatin melt completely. Add in the rest of the coconut cream and cool to room temperature.
- 3.** Once cream mixture has cooled, use a wooden spoon to stir in the Yakult.
- 4.** Divide and pour the mixture into glassware of your choice. We used 14 oz. wine glasses, filled halfway. Chill in the fridge for at least 4 hours or overnight.

Yakult

HONEY GRANOLA MIXTURE

INGREDIENTS:

1 CUP TRADITIONAL OATS
1/4 CUP RAW SLIVERED ALMONDS (OR OTHER NUTS)
1/4 CUP MELTED COCONUT OIL
2 TBSP CHOPPED DRIED CHERRIES, CRANBERRIES, SULTANAS, RAISINS, OR CURRANTS
1/4 CUP CHOPPED DRIED MANGOES
1/4 TSP FINE-GRAIN SEA SALT
PINCH OF CINNAMON
PINCH OF GROUND GINGER
OLIVE OIL
1/2 CUP HONEY

PROCESS:

1. Preheat the oven to 165°C and line a half-sheet pan.
2. In a large mixing bowl, combine the oats, nuts, salt, cinnamon, and ground ginger. Stir thoroughly to combine. Once combined, stir in the oil and honey.
3. Turn the granola out onto your prepared pan and spread it in an even layer.
4. Bake for 22-26 minutes, stirring halfway. The granola should turn a lightly golden colour (be careful as honey can brown quickly). It will crisp up as it cools.
4. Once cooled, stir in the chopped fruit. Store the granola in an airtight container.

GRILLED CORELLA PEARS

INGREDIENTS:

2 WHOLE CORELLA PEARS, SKINS ON
1 TABLESPOON LEMON JUICE
2 TABLESPOONS HONEY
PINCH OF CINNAMON

PROCESS:

1. Slice each pear into 8 segments, remove seeds and core.
2. Place sliced pears in a bowl, lightly toss with cinnamon, lemon juice and honey.
3. Heat a grill pan, spray with oil, grill both sides of the sliced pears. Set aside until ready to assemble.

COCONUT WHIPPED CREAM

INGREDIENTS

250 g Coconut Cream, chilled

PROCESS

Using a whisk whip coconut cream until it becomes stiff

Yakult



Yakult

Grilled Pears

Panna Cotta

Coconut Whipped Cream

Honey Granola

Yakult