



I love cooking

easy & delicious recipes

Guava Mousse Panna Cotta

Introduction:

This recipe was shared by Rhodes foods. It also features on their website [Rhodes](#). Click here for more Rhodes recipes.

Ingredients

Guava Mousse

1 can Rhodes Guava halves in syrup
2 tsp gelatine
50 ml water

Panna Cotta

3 tsps gelatine
60 ml water
500 ml cream
1 vanilla pod, sliced in half
80 g sugar

Method

Use a hand blender to puree the guava halves and syrup into a pulp. Pass through a sieve to remove the pips.

In a heat resistant bowl, sprinkle the gelatin over the water and allow to sponge. Place the bowl of gelatin into a shallow saucepan of water, and heat gently until the gelatin melts to liquid form. Allow to cool slightly and then whisk the gelatin into the guava puree.

Spoon the guava puree into the bottom of the moulds; fill to about 1/3. Place in the refrigerator to set.

To make the panna cotta: In a saucepan, heat the cream, vanilla pod and sugar until almost boiling. Strain the cream into a bowl, taking out the vanilla pod, but scrape the seeds back into the cream.

In a heat resistant bowl, sprinkle the gelatin over the water and allow to sponge. Place the bowl of gelatin into a shallow saucepan of water, and heat gently until the gelatin melts to liquid form. Allow to cool slightly and then whisk the gelatin into the cream. Allow to set slightly in the bowl, stirring occasionally.

Once the cream starts to thicken, fill the moulds up with the cream mixture. Make sure that the guava mousse has set before you do so to make sure that the mixtures don't mix. Return to the refrigerator and set overnight.

To un-mould the panna cotta onto the plate; dip the moulds into hot water and then use a blunt knife to run around the edges of the panna cotta. Turn out the panna cotta. If you are having difficulty, run a knife down the side of the mould to introduce an air bubble to the bottom of the mousse which will release the panna cotta.

